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Better Homes and Gardens
diabetic
LIVING

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Dr Ramy Bishay
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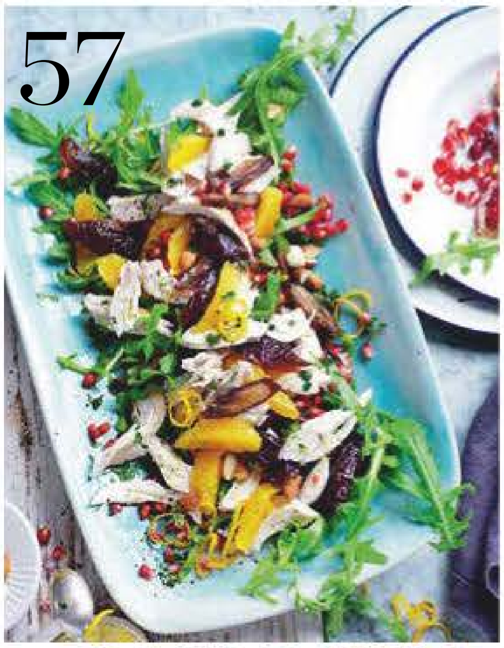
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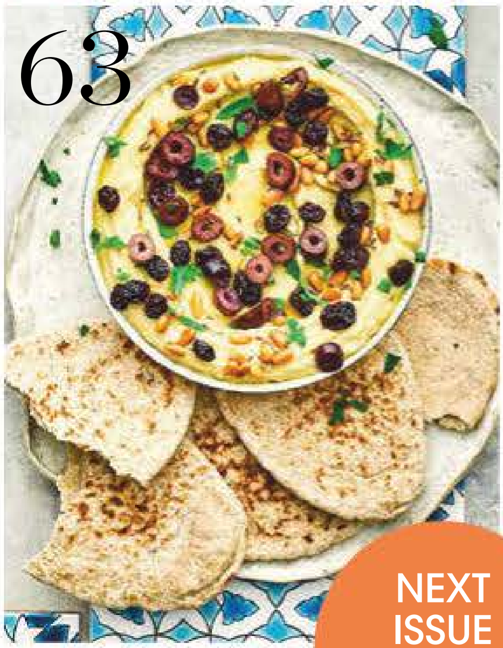
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NEXT ISSUE ON SALE 24 DEC

Wow! What a year!

2020 has been a tough one and I suspect it's still going to be a while before things go back to 'normal'. I mentioned in my last letter that my husband's 60th birthday was rapidly approaching. However, before that had a chance to arrive, he suffered a stroke – minor thank goodness and he's making a good recovery, but it was yet another blow from 2020. At times like this, resilience is a quality that will hold you in good stead – enabling you to bounce back from challenges both global (a pandemic) and personal (an unexpected health scare). Turn to our feature on page 101 to learn some strategies that will help you to bend but not break.

One of the things that has helped his recovery is exercise – he has always been active and now has renewed focus on staying fit. If you have type 1, however, it's not always as easy as just pulling on your activewear and heading out the door. Dietitian and diabetes educator Dr Kate Marsh has some excellent exercise advice in her feature (page 108). Keeping track of movement and exercise can be a great motivator and on page 118 we've got a round-up of the latest wearable tracking devices – it might be worth leaving this page open for Santa to see!

The arrival of warmer weather means that we naturally feel like eating a bit more lightly and there are plenty of recipes in this issue that fit the bill. I'm loving the speedy salads on page 54 and ideas for leftover turkey on page 34. Why do I have leftover turkey? From my healthy Christmas feast of course – turn to page 24 for lunch with all the trimmings and browse our gorgeous desserts feature (page 42) for a sweet finish.

Thank you for being with us for 2020 – it's been a rough ride but we know you'll get through it and we look forward to continuing the journey with you in 2021.

Alix

Alix Davis,
Editor

We'd love to hear from you!

We want to hear your stories, answer your questions and share the love with other readers

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Diabetes Australia and JDRF are proud to support *Diabetic Living*. While all care has been taken in the preparation of the articles in this magazine, they should only be used as a guide, as neither Are Media Pty Limited nor Diabetes Australia is able to provide specific medical advice for people with diabetes or related conditions. Before following any health advice given in this magazine, please consult your healthcare professional. Recipes that are gluten free or have gluten-free options have been approved by Coeliac Australia.

JUST diagnosed

START HERE

A diagnosis of diabetes can be scary at first – don't panic, we're here to help

DIABETES 101

Getting your head around "diabetes lingo"? Read on...

- **When should I test my blood glucose levels (BGLs)?** This varies depending on the type of diabetes and your medication, but possible times include before meals, two hours after eating, before bed, before you exercise and if you're feeling unwell.
- **What should my BGLs be?** As a guide, if you have type 1 diabetes, a healthy target to aim for is 4-6mmol/L before you eat, and 4-8mmol/L two hours after starting a meal. If you have type 2 diabetes, aim for 6-8mmol/L before meals, and 6-10mmol/L two hours after starting a meal. Ask your doctor or Credentialled Diabetes Educator for more guidance.
- **What's mmol/L?** It stands for millimoles per litre of blood, and is how BGLs are measured.
- **What's HbA1c?** It's your average BGLs over a period of 10-12 weeks and, used in conjunction with the blood glucose monitoring you do yourself, paints a picture of your blood glucose management. Your doctor will arrange a HbA1c test every three to six months.

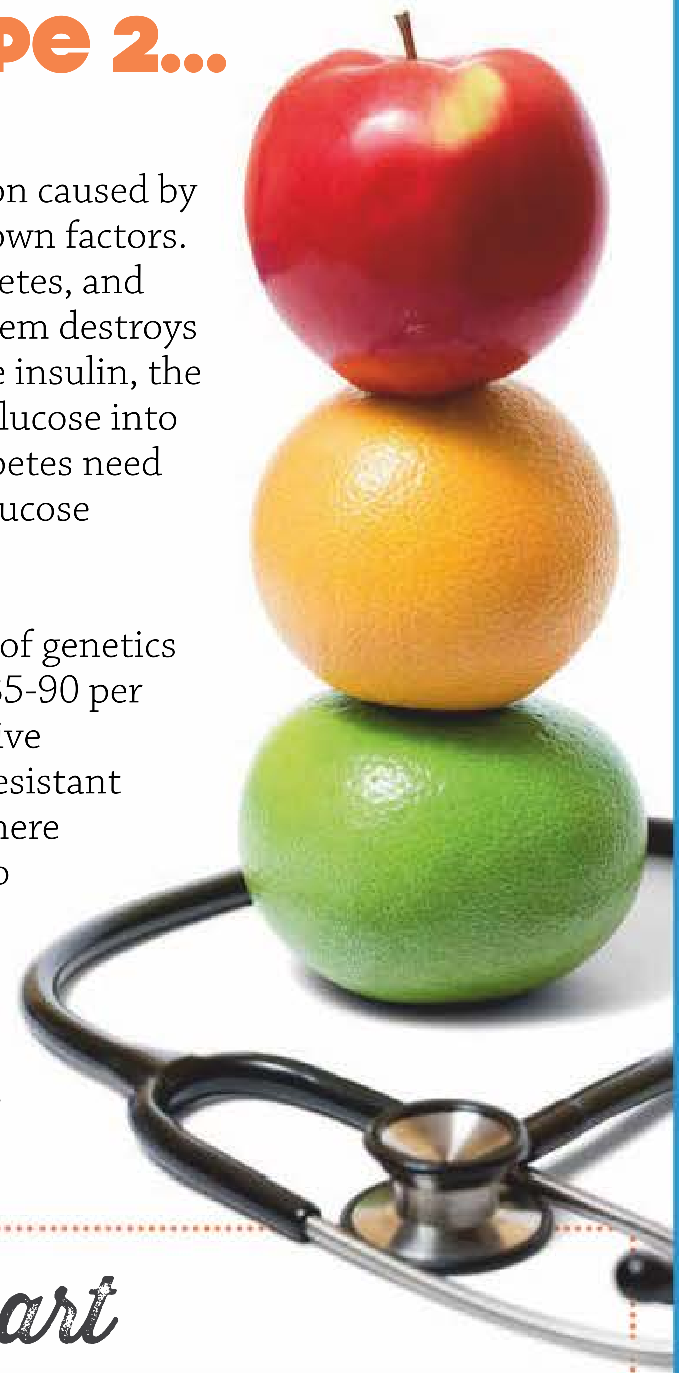
- **What's a hypo?** It's when BGLs drop below 4mmol/L. A hypo can make it hard to concentrate, so some activities (like driving) aren't safe, and it needs to be treated quickly using specific foods. Only people who take insulin or some types of glucose-lowering tablets are at risk of a hypo.
- **Will I have to use insulin?** Yes, if you have type 1. But 50 per cent of people with type 2 will also need insulin six to 10 years after being diagnosed, because the pancreas produces less insulin over time.
- **What's pre-diabetes?** It's when BGLs are higher than normal, but not high enough for a type 2 diagnosis. Lifestyle changes can delay or prevent pre-diabetes from becoming type 2.

TYPE 1 AND TYPE 2...

What's the difference?

- **Type 1** is an auto-immune condition caused by a combination of genetics and unknown factors. It accounts for 10 per cent of all diabetes, and occurs when the body's immune system destroys the cells in the pancreas that produce insulin, the hormone that's vital for converting glucose into energy. People living with type 1 diabetes need touse insulin to reduce the level of glucose circulating in their blood.

- **Type 2** is caused by a combination of genetics and lifestyle factors. It accounts for 85-90 per cent of all diabetes, and is a progressive condition where the body becomes resistant tothe normal effects of insulin, or where the pancreas slowly loses its ability to produce enough of the hormone – both of which leave too much glucose in the blood. Lifestyle modifications or medication (and sometimes both) are used to manage type 2 diabetes.



Take this to heart

1 YOU'RE NOT ALONE

About 280 Aussies develop diabetes every day – one person every five minutes. And for every four people diagnosed, someone else is living with diabetes but doesn't know. The longer diabetes goes undiagnosed, the more it can impact your overall health.

2 IT'S YOUR MOVE

Continuing or starting regular physical activity will help lower your short- and long-term BGLs and can also help certain diabetes medications work more effectively. Plus, along with a healthy diet, losing weight – as little as 5 per cent of your body weight – can also have a positive impact.

3 WE'RE HERE

Wondering where to start? Combined with advice from your healthcare team, you've made a great first step. In this (and every!) issue of *Diabetic Living*, you'll find practical, helpful advice, expert responses to questions that might sound familiar and a whole heap of healthy recipes. ■

> **Losing just 5 per cent of your body weight can have a positive impact.**

WORDS KAREN FITTALL; PHOTOGRAPHY GETTY IMAGES

FOOD MYTHS FOR PWD*

It's my sweet tooth!

It's not that simple. While type 1 is triggered by genetics and unknown factors, type 2 is caused by a mix of genetics and lifestyle factors. One of those is being overweight, but it's not just sugar that causes that. Plus, if you are overweight, that's only a risk factor, not a direct cause of type 2.

No more chocolate!

False. As long as chocolate, or other foods containing added or natural sugars, are eaten as part of a healthy meal plan or combined with exercise, people with diabetes can definitely still enjoy them in moderation. Talk to your GP or dietitian for more info.

Ugh. A 'special diet'

Not really. These days 'healthy eating' for people who have diabetes is no different to the 'healthy eating' guidelines recommended for the general population. You don't need to prepare separate meals or buy special food – the recipes in *DL* are designed for everyone.

* That's People With Diabetes

YOUR healthylife

The latest global news on diabetes, sleep, memory and healthy eating

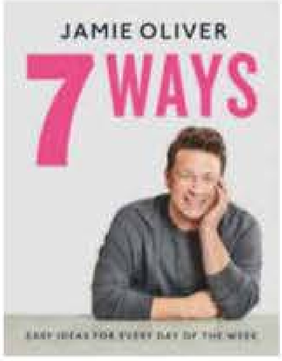
Time to sleep

A recent pilot study by researchers from Tennessee's Vanderbilt University Medical Centre compared the effects of sleep education coaching on a random group of teens aged 13-17 with type 1, with another group who only received their standard care routine. The study found teens who participated in the program showed a significant improvement in both sleep duration and sleep quality; while those without the program were 7.5 times more likely to experience poor sleep.The HbA1c levels of each group were not affected. The results are published in *Pediatric Diabetes*.

NOTHING MUCH HAPPENS
KATHRYN NICOLAI

Nothing Much Happens
by Kathryn Nicolai
Allen & Unwin, $29.99

Are you struggling to ease your mind before you go to bed? Meditation and yoga teacher Kathryn Nicolai shares a collection of never-before-featured – on her popular podcast of the same name – cosy and calming stories in *Nothing Much Happens*.



7 Ways
by Jamie Oliver
Penguin, $49.99

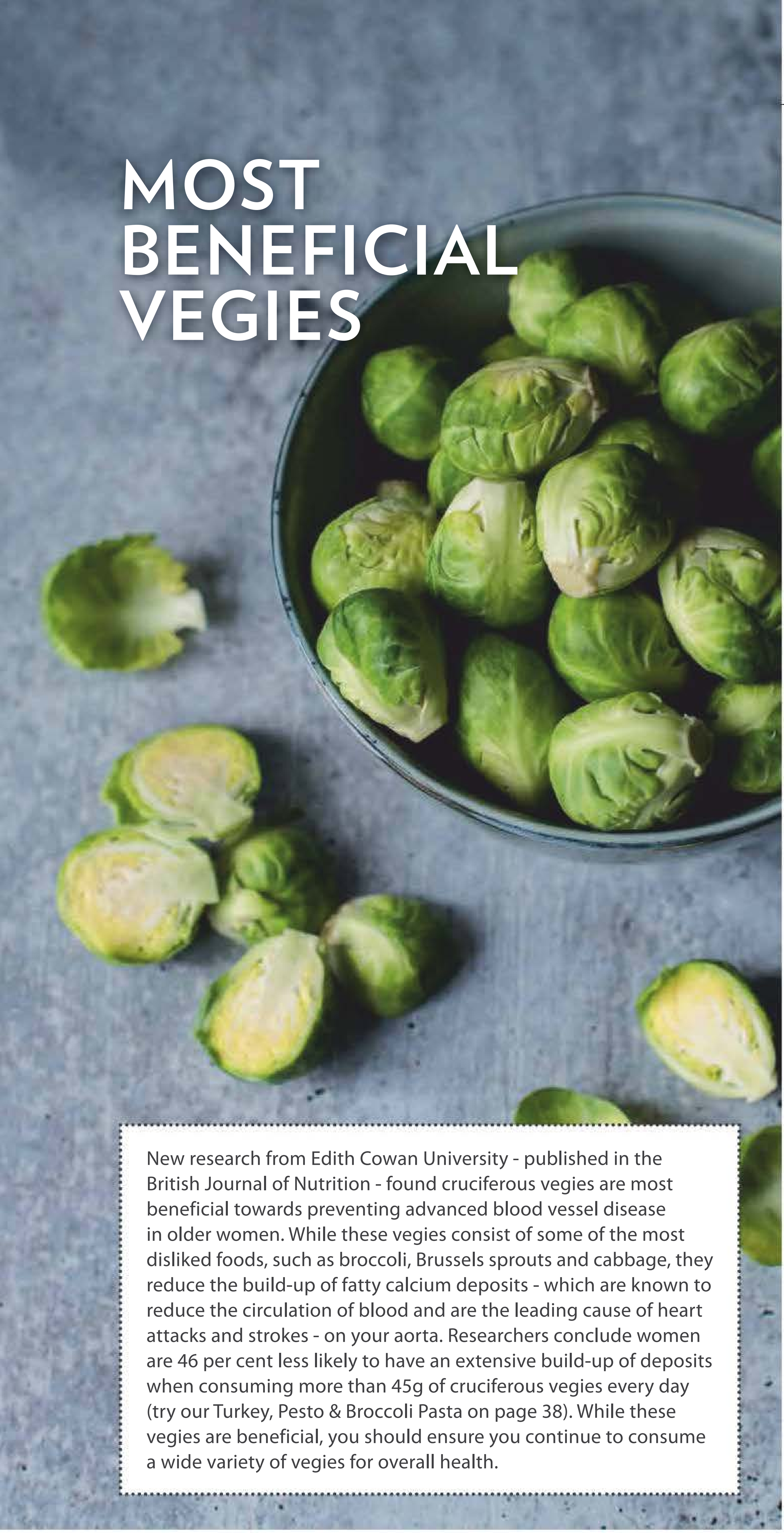
Jamie Oliver is at it again! Over 120 recipes ranging from DIY takeaway classics to trusty traybakes and family faves, this new and exciting cookbook, *7 Ways*, offers easy recipes for every day of the week.

95%

of Aussies don't eat enough fruit and vegies

~ Australian Bureau of Statistics

MOST BENEFICIAL VEGIES



New research from Edith Cowan University - published in the British Journal of Nutrition - found cruciferous vegies are most beneficial towards preventing advanced blood vessel disease in older women. While these vegies consist of some of the most disliked foods, such as broccoli, Brussels sprouts and cabbage, they reduce the build-up of fatty calcium deposits - which are known to reduce the circulation of blood and are the leading cause of heart attacks and strokes - on your aorta. Researchers conclude women are 46 per cent less likely to have an extensive build-up of deposits when consuming more than 45g of cruciferous vegies every day (try our Turkey, Pesto & Broccoli Pasta on page 38). While these vegies are beneficial, you should ensure you continue to consume a wide variety of vegies for overall health.

Q&A ASK DR MARSH

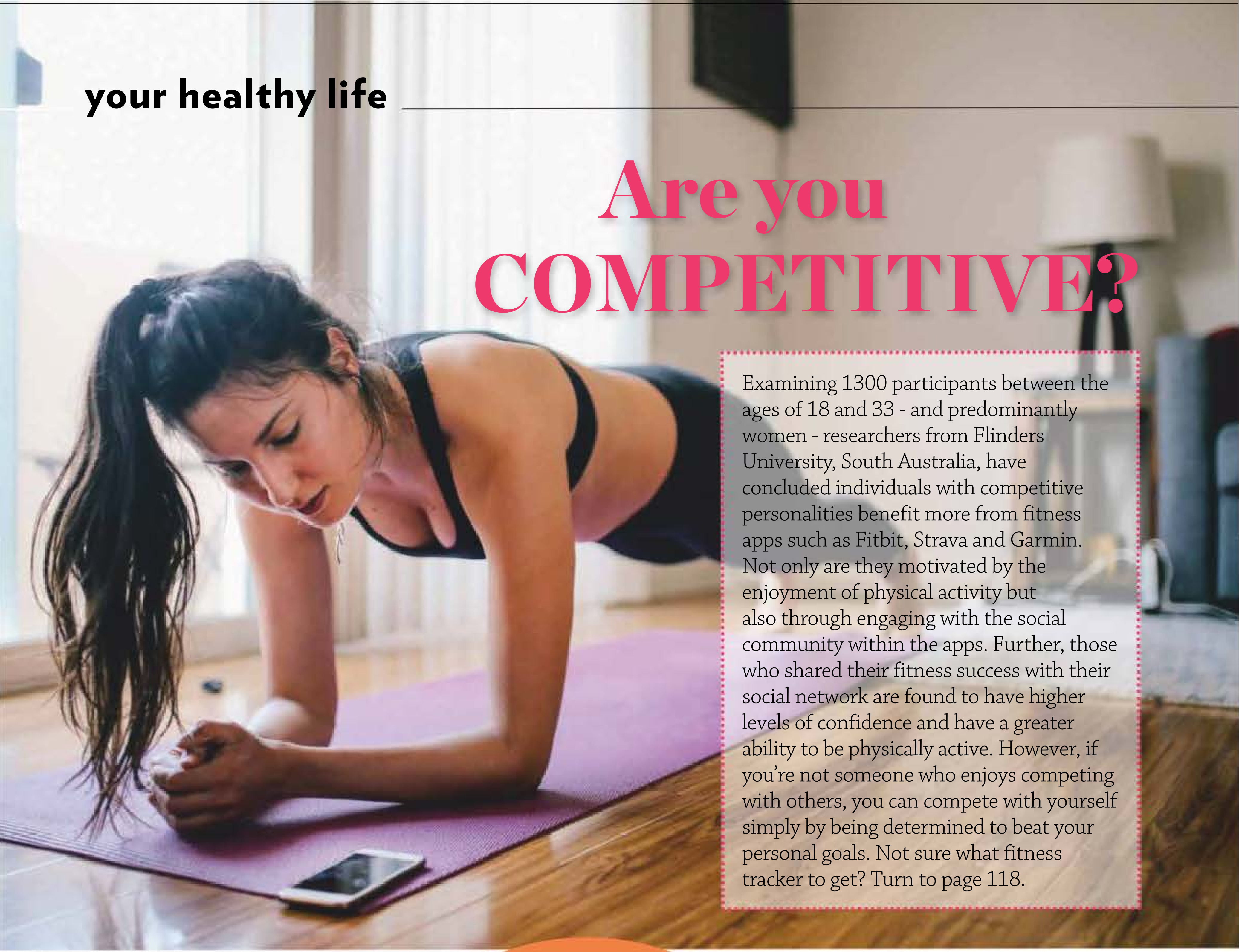
Many of the diabetes meal plans I see contain snacks, but I'm often not hungry and don't have time to eat between meals. Do I really need to include regular snacks if I have diabetes?

Kate says: There's no hard and fast answer.

The need to snack is a very individual thing. For someone who is not taking medication, or who is taking medication which doesn't cause low BGLs (hypos), then snacks are not a necessity although spreading food intake over the day by having smaller meals with mid-meal snacks can often help with managing BGLs. However, this could be a piece of fruit between meals.

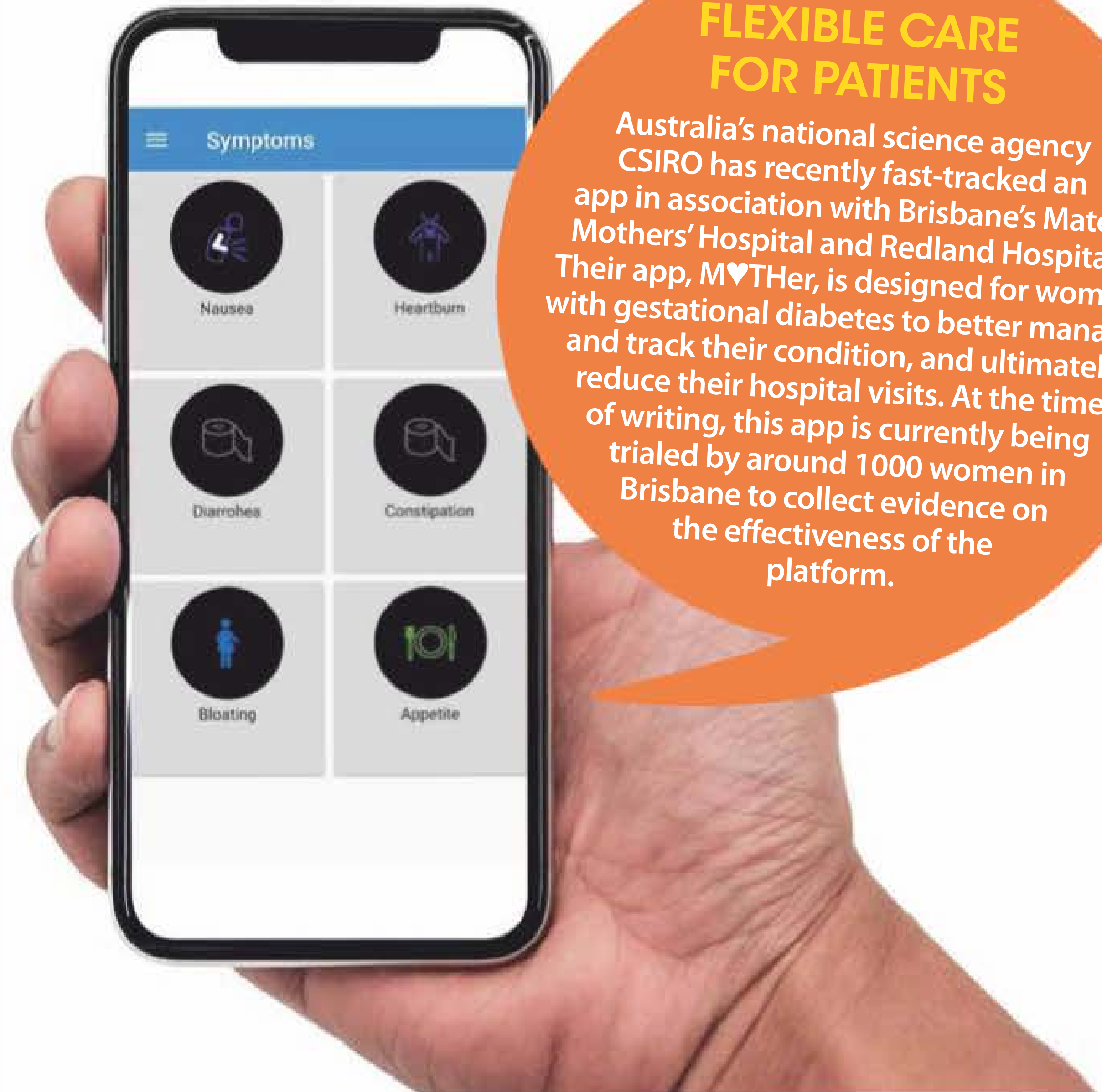
If you're taking insulin and diabetes medication which can cause hypos, you may need to snack between meals to prevent low BGLs; but this will vary according to the type of medication and insulin you're taking and when you take it. If you are taking insulin and find you need to eat between meals to prevent hypos, but would prefer not to, speak to your diabetes team about whether you can adjust your insulin doses to reduce the need to snack. ➤

Dr Kate Marsh, advanced accredited practising dietitian and credentialled diabetes educator



Are you COMPETITIVE?

Examining 1300 participants between the ages of 18 and 33 - and predominantly women - researchers from Flinders University, South Australia, have concluded individuals with competitive personalities benefit more from fitness apps such as Fitbit, Strava and Garmin. Not only are they motivated by the enjoyment of physical activity but also through engaging with the social community within the apps. Further, those who shared their fitness success with their social network are found to have higher levels of confidence and have a greater ability to be physically active. However, if you're not someone who enjoys competing with others, you can compete with yourself simply by being determined to beat your personal goals. Not sure what fitness tracker to get? Turn to page 118.

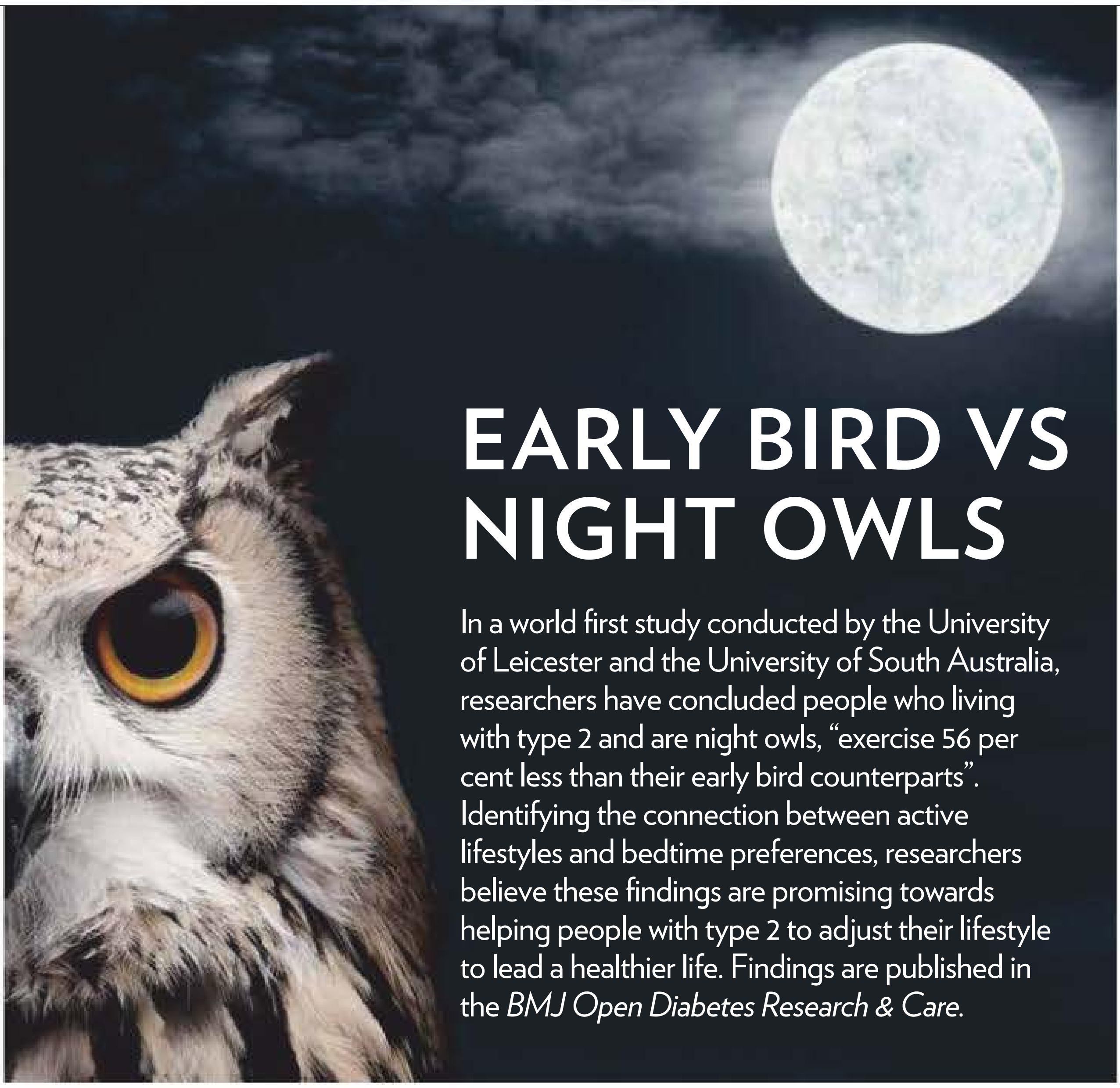


FLEXIBLE CARE FOR PATIENTS

Australia's national science agency CSIRO has recently fast-tracked an app in association with Brisbane's Mater Mothers' Hospital and Redland Hospital. Their app, M♥THer, is designed for women with gestational diabetes to better manage and track their condition, and ultimately reduce their hospital visits. At the time of writing, this app is currently being trialed by around 1000 women in Brisbane to collect evidence on the effectiveness of the platform.

Lower IQ *linked with DKA*

A study recently published in *Diabetes Care* explores the impact diabetes ketoacidosis (DKA) has on the cognitive performance of children with type 1. Led by UC Davis Health researchers, they found children who are newly diagnosed and experienced moderate to severe DKA had lower long-term memory compared to children with type 1 and no exposure to DKA. The study also suggests memory and IQ may worsen over time; and emphasises the importance of preventing DKA in children.



EARLY BIRD VS NIGHT OWLS

In a world first study conducted by the University of Leicester and the University of South Australia, researchers have concluded people who living with type 2 and are night owls, "exercise 56 per cent less than their early bird counterparts". Identifying the connection between active lifestyles and bedtime preferences, researchers believe these findings are promising towards helping people with type 2 to adjust their lifestyle to lead a healthier life. Findings are published in the *BMJ Open Diabetes Research & Care*.

Personalised treatment

More so in recent years, we've become increasingly aware of the necessity for personalised treatment to better manage individual health needs. New research from the University of New England (UNE) found the effectiveness of medication taken is determined by the body's microbiome make up. Due to antidepressants only being effective in about 50 per cent of users, scientists believe "the richness and diversity of the gut microbiome may also determine whether antidepressant treatments are effective." This is the beginning of a more complex exploration for UNE researchers, however, the study suggests treatment of major depressive illnesses need to be more personalised.

World Diabetes Day

14 Nov 2020

Visit worlddiabetesday.org to find out how you can get involved.

Q&A ASK DR LINJAWI

What is the difference between Trulicity and Bydureon?

Sultan says: Trulicity has only recently become available in Australia. Both Trulicity and Bydureon are once weekly injections of a chemical produced naturally by the body known as glucagon like peptide 1 (GLP-1). These medications help to get BGLs under control by limiting how much is released from the liver, how quickly food is absorbed from the stomach and helping the pancreas produce the amount of insulin needed. Both treatments can be really effective but there a few differences to consider when starting on a GLP-1.

The first is simply ease of use. Trulicity is administered using a device that takes seconds to use whereas the more established Bydureon has to be taken out of the fridge 30 minutes before and then the chemicals in the pen need to be mixed which can take 5-10 minutes.

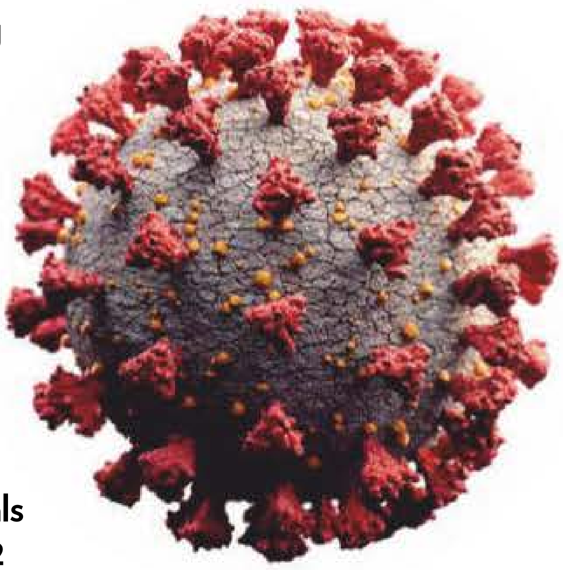
Also, as a molecule Trulicity is more similar to the human version of GLP-1 when compared to Bydureon (only 55 per cent similar). This may be relevant over time as the body's immune system may react differently to each compound. ➤

Dr Sultan Linjawi, endocrinologist

DO YOU HAVE A FUSSY EATER?

While there is no strict definition as to what a fussy eater may be, paediatric clinical dietitian Dr Jennifer Cohen of UNSW Medicine suggests this is something parents should know how to tackle. While up to 50 per cent of toddlers (1-2 years old) will be a fussy eater at some stage, in rare cases this could be a sign of an underlying health condition. Never assume your child will grow out of being a fussy eater; if it is an ongoing problem consult a healthcare professional.

Don’t forget your diabetes



While it seems like we’ve been living through a pandemic for a lifetime, the Royal Australian College of General Practitioners (RACGP) and Diabetes Australia are continuing to urge Australians living with diabetes to keep their health at a high priority. The recently released, updated edition of *Management of Type 2 Diabetes: A Handbook For General Practice* provides health professionals with the latest information on type 2 and best management practices.

A survey conducted in June, found in the last three months 32 per cent of respondents had delayed or avoided a visit to their GP. Ensuring your health care team has the most current information surrounding your diabetes management, professionals are urging individuals to not delay their appointments; and if you are concerned about a physical appointment, video and telephone consultations are still available.

Q&A ASK RACHEL

I’ve heard my diabetes care team refer to ‘Time in Range’ when talking about my BGLs. I haven’t heard this before. Is it new?

Rachel says: ‘Time in Range’ refers to the amount of time that your BGLs are within the optimal range to decrease the risk of developing long term diabetes related complications. This range varies from person to person.

Over the past few years, there has been more research around this concept. Time in range is being increasingly referred to as more people utilise continuous glucose monitoring and flash glucose monitoring. This type of monitoring allows you to see the variations in your BGLs over 24 hours.

The ‘Time in Range’ concept is another tool that you can use with your health care team to ascertain whether your BGLs are appropriately in range, and for what percentage of time they are in range. It can be more useful than HbA1c alone in predicting long term diabetes-related complications, as it will also capture how often your BGLs may be above or below target, allowing possible fine tuning of medication dosing and timing, food intake and exercise. ■

Rachel Freeman, diabetes educator

WORDS ELLIE GRIFFITHS; ADDITIONAL PHOTOGRAPHY CSIRO, GETTY IMAGES

ADVERTISING PROMOTION

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We all know that skipping meals and making poor food choices is not a good idea when it comes to managing blood sugar levels and weight gain. At times, managing diabetes is really difficult – and that's where Glucerna can help, as part of a diabetes management plan*. Glucerna is a nutritionally complete and balanced low-GI drink that has been specially formulated for the nutritional needs of people with diabetes[1]. Ask your pharmacist for your free sample sachet** today!

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A NEW PLACE

Jeremy Robertson, type 1, is paving the way for Australian pilots requiring insulin therapy

Checking his BGLs on his smartwatch.

15-year-old Jeremy learning to fly a Cessna 152.

"I remember sitting by myself in the doctor's office in Los Angeles," recalls 42-year-old Jeremy Robertson of his diagnosis ten years ago. "I didn't know anyone in town and I knew enough about diabetes to know that type 1, at that point, automatically disqualified you from holding a Class 1 aviation medical [a certificate required to be a commercial pilot in Australia]. So I knew that my career stopped dead that day."

Jeremy had been working as a pilot with Qantas on the Boeing 747 and 767 for nine years when, in early 2010, he enrolled in a course at the National Test Pilot School in California to further his career. During the first week, Jeremy noticed he was drinking and urinating more often, and when his vision went blurry he knew something was off. After all, you can't fly a plane without clear vision.

Attending the local medical centre in LA, Jeremy learnt his BGLs were 25.5mmol/L and he was given a shot of insulin and a bottle of Metformin tablets. "I remember calling my fiancé – this was six weeks before our wedding – crying and just not knowing what was going to happen," he explains. "So I got on the next plane home to Australia and I went through the remainder of the formal diagnosis process."

Changing lanes

With no family history of autoimmune diseases, this new world of diabetes was a shock. "Not only was this a diagnosis of a chronic disease, but it had destroyed my professional career," he says. "In hindsight, I really wish I had sought help from a counsellor or psychologist, because if I'm brutally honest with myself, it was 2-3 years before I was emotionally at peace with what happened. And that process would've been a lot easier if I had allowed people to help.

"But the conclusion I came to was that this was too much of a catastrophic event for my career to dwell on it as a loss," Jeremy continues. "I had to look at this as an opportunity: 'you're 31 years old, and given an absolute clean slate. What do you want to do?'"

Diving into what he loved and disliked about aviation, and comparing to other fields, Jeremy kept coming back to medicine. So he started med school in 2012 at the age of 33. "And what is the ultimate irony," he says, "is that today I am an aviation medical examiner. Meaning I am the doctor who assesses the medical fitness of pilots and their suitability to hold pilot licenses."

Making a change

Aviation has always been more than just a career for Jeremy, it's a passion; and he was eager to get

TO LAND

CGM on dashboard.

back in the cockpit. So once he requalified for his driver's license, Jeremy went back to hobby flying after passing his recreational aviation certificate.

About the time he started med school, Australia had just become the fourth country in the world to allow pilots requiring insulin therapy to hold a license in the next tier, as a private pilot – which allows individuals to fly larger planes and conduct more complex flying. After gathering all the data on his diabetes, Jeremy submitted his details to the Civil Aviation Safety Authority, and he received his private license again.

During this period, the UK had further permitted pilots requiring insulin therapy to fly commercially (and Canada had approved this a few years prior). "So suddenly there were two big countries where if you were diagnosed with type 1, or type 2 that progressed to requiring insulin, you could keep your commercial pilot's license," he explains. "So I looked at how I was managing my diabetes while flying [meeting the requirements for Canada and the UK] and I thought I'm probably the only ex-airline pilot, type 1 diabetic and doctor that I know of and I should do something about this in Australia.

> **It doesn't matter where I end up, I can still hop in a little plane and look at the view!**

"If you've seen on my Instagram (@type_1_pilot), I fly with my CGM on the plane's dashboard, which gives me so much awareness of what my diabetes is doing."

As a result, in 2017 Jeremy submitted a proposal to the Civil Aviation Safety Authorities within Australia to allow commercial flying with insulin therapy, based on the overseas protocols and the CGM data provided from his flying. "And in May of this year, I become the first pilot in Australia on insulin therapy to be issued with a class 1 medical.

"And this is not just a one off special for pilot-doctor-Jeremy," he continues. "Rather this is a change in policy for anyone in Australia who meets the requirements going forward."

These requirements are pretty black-and-white, he explains. "There are a very clear set of requirements as far as HbA1c, time and range, complications, and monitoring; and if you meet them there is no reason why you wouldn't have a medical issued. If you don't meet them then at least there is a clear set of goals to work towards."

Despite this change, there are still [at the time of writing] restrictions for pilots that do not allow them to take insulin during a private flight. "Not being able to use insulin to manage your diabetes it's like having one hand tied behind your back," he says. "Because you can treat a low but you can't treat a high. Which seems silly." Jeremy is currently working towards fine tuning these protocols – including matching this protocol with the commercial protocols – to allow all pilots requiring insulin to better manage their diabetes. ■

WORDS ELLIE GRIFFITHS; PHOTOGRAPHY SUPPLIED BY JEREMY ROBERTSON

5 DAYS
5 DINNERS

Quick, flavourful – and healthy – these are meals that make weeknights easier

How our food works for you
see page 73

Thai green salmon burgers with spicy sweet potato wedges
recipe, page 18 >>

Chargrilled chicken ramen
see recipe, page 18 >>

MONDAY

THAI GREEN SALMON BURGERS WITH SPICY SWEET POTATO WEDGES

PREP 15 MINS (+ 15 MINS CHILLING)
COOK 45 MINS **SERVES** 2 (AS A MAIN)

150g orange sweet potato, unpeeled, cut into wedges
¼ tsp dried chilli flakes
250g skinless and boneless salmon fillets, roughly chopped
2 tsp Thai green curry paste
1 small clove garlic, crushed
2cm piece ginger, finely grated
¼ small red chill, deseeded, roughly chopped
2 (60g each) sourdough rolls, halved, toasted
1 Tbsp 97% fat-free mayonnaise

SLAW
½ tsp fish sauce
Juice of 1 lime
1 tsp brown sugar
¼ small red chilli, deseeded, finely chopped
2 carrots, peeled into ribbons using vegetable peeler
1 Lebanese cucumber, peeled into ribbons using vegetable peeler
½ small bunch mint, leaves torn

1 Preheat oven to 180°C (fan-forced). Line one large and one small baking tray with baking paper. Place wedges on large tray. Spray with cooking spray. Add chilli flakes; toss to combine. Spread out in a single layer. Roast for 40-45 minutes, turning halfway during cooking, or until they are cooked through with crispy edges.

2 Meanwhile, put the salmon, curry paste, garlic, ginger and chilli in a small food processor. Pulse until roughly minced. Form into 2 patties, roughly the same size as your rolls. Place in the fridge for 15 minutes to chill.

3 To make the slaw, whisk the fish sauce, lime juice and sugar in a bowl. Add the chilli, carrot, cucumber and mint. Toss to combine and set aside.

4 Spray a medium non-stick frying pan with cooking spray and heat over medium heat. Add the salmon burgers and cook for 2 minutes each side or until well browned. Place on the small tray and place in the oven for the final 10 minutes of the wedges cooking.

5 Spread the bun halves with the mayonnaise. Place the burgers on the bases of the rolls. Top with the slaw and bun tops, serving any leftover slaw on the side. Serve with the sweet potato wedges.

PER SERVE 2250kJ, **protein** 36g, **total fat** 18g (sat. fat 5g), **carbs** 52g, **fibre** 12g, **sodium** 880mg • **Carb exchanges** 3½ • **GI estimate** low

TUESDAY

CHARGRILLED CHICKEN RAMEN

PREP 10 MINS **COOK** 20 MINS
SERVES 2 (AS A MAIN)

750ml (3 cups) water
250ml (1 cup) salt-reduced chicken stock
2cm piece ginger, finely shredded
½ red chilli, deseeded, sliced
1 small clove garlic, thinly sliced
3 tsp salt-reduced soy sauce
2 x 250g skinless chicken breasts, trimmed of fat
Freshly ground black pepper
½ tsp olive oil
300g fresh egg noodles
1 bunch baby bok choy, trimmed, quartered lengthways
70g kale, inner core removed, shredded
½ bunch coriander, chopped
½ small red onion, very thinly sliced
½ lime

1 Put the water and chicken stock in a large saucepan with ¾ of the ginger and the chilli. Add the garlic and soy sauce. Bring to the boil over high heat. Reduce heat to medium-low and cook, covered, for 15 minutes.

2 Meanwhile, preheat a chargrill on medium-high. Place the chicken breasts between two pieces of plastic wrap and gently tap with a rolling pin until an even 1cm thickness. Season with pepper and drizzle with the oil. Add chicken to chargrill; cook for 2-3 minutes each side, or until cooked through. Transfer to a plate, cover loosely with foil; set aside for 5 minutes to rest. Slice.

3 Add the noodles and bok choy to the stock and simmer for 2 minutes. Add the kale and simmer for a further 1 minute.

4 Use tongs to divide the noodles and vegies between 2 wide serving bowls. Ladle over the stock and divide chicken. Place the remaining ginger and chilli, coriander and red onion over the top. Squeeze over the lime juice and serve.

PER SERVE 1760kJ, **protein** 43g, **total fat** 5g (sat. fat 2g), **carbs** 45g, **fibre** 9g, **sodium** 883mg • **Carb exchanges** 3 • **GI estimate** low

➤

Greek chicken skewers

recipe, page 20 >>

WEDNESDAY

GREEK CHICKEN SKEWERS

PREP 10 MINS **COOK** 10 MINS
SERVES 2 (AS A MAIN)

60g hummus, to serve
2 Mission Wholemeal Pita Pockets, heated, halved, to serve

SKEWERS
200g skinless chicken breast fillet, trimmed of fat, cut into 4cm cubes
1 tsp olive oil
2 tsp dried oregano
Pinch dried chilli flakes
Freshly ground black pepper
½ lemon, cut into wedges

SALAD
2 tsp extra-virgin olive oil
1 Tbsp red wine vinegar
100g mixed salad leaves
100g cherry tomatoes, halved
2 green shallots, sliced
1 Lebanese cucumber, chopped
½ red capsicum, sliced

1 Preheat barbecue grill or chargrill on medium-high.

2 To make the skewers, put the chicken, oil, oregano and chilli flakes in a bowl. Season with pepper. Thread the chicken pieces equally between 4 metal skewers. Add the chicken to grill and cook for 4 minutes on each side or until slightly charred and cooked through. Squeeze over the lemon wedges just before serving.

3 Meanwhile, to make the salad, whisk the oil, vinegar and pepper in a large bowl. Add the remaining salad ingredients and toss well to combine.

4 Serve the chicken skewers with the salad, hummus and pita bread.

PER SERVE 2330kJ, **protein** 37g, **total fat** 17g (sat. fat 3g), **carbs** 55g, fibre 14g, **sodium** 783mg • **Carb exchanges** 3½ • **GI estimate** medium

THURSDAY

PRAWN AND CORIANDER SALAD

GF **LC**

START TO FINISH 15 MINS
SERVES 2 (AS A MAIN)

1 green chilli, deseeded, roughly chopped
½ bunch coriander, stalks roughly chopped, leaves torn
Zest and juice of 1 lime
1 tsp caster sugar
25ml water
400g cooked prawns, peeled and deveined
1 small red onion, thinly sliced
½ avocado, chopped
4 radishes, cut into wedges
1 Lebanese cucumber, finely chopped
2 Little Gem lettuces, cut into chunky pieces
15g Tostitos Tortilla Chips Lightly Salted corn chips, lightly crushed

1 Put the chillies, coriander stalks, lime zest and juice, sugar and water in a small blender (or use a medium bowl and a hand held blender). Blend until smooth.

2 Put the prawns and red onion in a bowl. Pour over the dressing and set aside for 15 minutes, stirring occasionally, to marinate.

3 Add the avocado, radishes, cucumber, lettuce and coriander leaves to the prawns. Toss to combine.

4 Divide the salad between serving plates. Sprinkle over the corn chips and serve.

PER SERVE 1220kJ, **protein** 26g, **total fat** 12g (sat. fat 2g), **carbs** 15g, **fibre** 9g, **sodium** 434mg • **Carb exchanges** 1 • **GI estimate** low • **Gluten free** • **Lower carb** ➤

FRIDAY

MOROCCAN VEGIE SOUP

GF LC

PREP 10 MIN **COOK** 45 MINS
SERVES 2 (AS A MAIN)

- **1 tsp olive oil**
- **½ brown onion, finely chopped**
- **1 large celery stalk, finely chopped**
- **1 large clove garlic, finely chopped**
- **1 red chilli, deseeded, finely chopped**
- **2 tsp tomato purée**
- **1 tsp ground cumin**
- **1 tsp ground turmeric**
- **¼ tsp ground cinnamon**
- **½ x 400g can no-added-salt chopped tomatoes**
- **175g potato, cut into 2cm chunks**
- **½ x 420g no-added-salt chickpeas, drained and rinsed**
- **625ml (2½ cups) boiling water**
- **80g baby spinach leaves**
- **¼ cup chopped flat-leaf parsley**
- **Freshly ground black pepper**
- **½ lemon, ¼ juiced and ¼ cut into wedges**

1 Heat the oil in a medium saucepan over medium heat. Add the onion and celery. Stir to combine. Cover and reduce heat to medium-low, cook, covered, stirring often, for 10 minutes.

2 Add the garlic and chilli to the pan. Cook, stirring, for 1 minute. Add the tomato puree, cumin, turmeric and cinnamon. Cook for a further 2 minutes. Add the canned tomatoes, potato, chickpeas and boiling water. Bring to the boil over high heat. Reduce heat to medium and simmer for 30 minutes or until potatoes are tender.

3 Add the spinach, parsley and season with pepper. Stir in the lemon juice. Spoon into bowls and serve with the lemon wedges to squeeze over.

PER SERVE 866kJ, **protein** 9g, **total fat** 4g (sat. fat 1g), **carbs** 26g, **fibre** 10g, **sodium** 71mg • **Carb exchanges** 1½ • **GI estimate** medium • **Gluten free** • **Lower carb**

RECIPES & PHOTOGRAPHY IMMEDIATE MEDIA;
ADDITIONAL INFORMATION ALISON ROBERTS, SHANNON LAVERY (DIETITIAN)

LOVE YOUR LEFTOVERS

GROCERIES

Pita bread Cut into wedges and cook in an oven preheated to 170°C (fan-forced) for 8-10 minutes or until crisp. Serve alongside vegie sticks as an accompaniment to dips.
Hummus Serve with the pita bread crisps (above) or use as a spread for pizza topped with sliced vegies and sprinkle with reduced-fat cheese.
Tomato puree Use in casseroles or pasta sauces, or in pizza sauces.
Canned tomatoes Use in pasta sauces, soups or casseroles.
Canned chickpeas Use in salads or toss through roasted vegies for the last 15 minutes of cooking.
Curry paste Use in soups, mix with yoghurt and some fresh lemon juice, and use to marinate fish or chicken.
Stock You can freeze leftover stock in ice cube trays. Once frozen, pop cubes out into an airtight container and freeze for up to 6 months.
Corn chips Break a few and sprinkle over a salad for a bit of crunch. Use in vegie or meat-based nachos.

FRUIT AND VEGETABLES

Cherry tomatoes Munch on as a healthy snack, chop and throw into salads, or thread onto skewers with cucumber and a few pieces of reduced-fat cheese for a quick snack.
Green shallots Use fresh in salads or finely chop and use in dressings.
Red capsicum Thinly slice and use as a sandwich filler, or roast, peel and thinly slice into strips to use in pasta sauces or as a pizza topping.
Parsley and mint Make pesto, finely chop and add to the end of casseroles, or combine with grated lemon zest, a little grated garlic and freshly ground black pepper to sprinkle over grilled meats.
Radishes Cover thinly sliced radishes with some vinegar and a little sugar. Set aside for 1-2 hours or until the radishes are lightly pickled. Drain and use in salads.
Avocado Mash and spread over toasted sourdough bread. Sprinkle with pepper and top with a sliced hardboiled egg.
Onion Use chopped slices in soups, casseroles and pasta sauces. Cut thin, even slices and slow cook in some olive oil and garlic. Throw in a little brown sugar and balsamic and serve on top of chargrilled steak.
Celery Snack on pieces, thinly slice and toss into salads or sandwiches.
Kale Thinly shred and add to soups for the last 5 minutes of cooking.
Lime Thinly slice and add to your water bottle with a few frozen berries to add a flavour hit. ■

SHOPPING LIST

GROCERIES

- ☐ 420g pkt (4) Mission Wholemeal Pita Bread Pockets
- ☐ 175g pkt Tostitos Tortilla Chips, Lightly Salted
- ☐ 400g jar tomato puree
- ☐ 420g can no-added-salt chopped tomatoes
- ☐ 400g can no-added-salt chickpeas
- ☐ 210g jar Thai green curry paste
- ☐ 1L (4 cups) salt-reduced chicken stock

FRUIT AND VEGETABLES

- ☐ 1 lemon
- ☐ 3 limes
- ☐ 1 brown onion
- ☐ 2 small red onions
- ☐ Small piece fresh ginger
- ☐ 1 (175g) potato
- ☐ 150g orange sweet potato
- ☐ 1 green chilli
- ☐ 1 red chilli
- ☐ 1 small red chilli
- ☐ 1 bunch coriander
- ☐ 1 bunch flat leaf parsley
- ☐ 1 small bunch mint
- ☐ 100g mixed salad leaves
- ☐ 1 punnet cherry tomatoes
- ☐ ½ bunch green shallots
- ☐ 3 Lebanese cucumbers
- ☐ 1 red capsicum
- ☐ 2 carrots
- ☐ 1 avocado
- ☐ 1 bunch radishes
- ☐ 2 Little Gem lettuces
- ☐ ½ bunch celery
- ☐ 80g baby spinach leaves
- ☐ 1 bunch baby bok choy
- ☐ 1 small bunch kale

CHILLED

- ☐ 200g tub hummus
- ☐ 300g fresh egg noodles

SEAFOOD

- ☐ 400g cooked prawns
- ☐ 250g skinless and boneless salmon fillets

POULTRY AND MEAT

- ☐ 450g skinless chicken breast fillets

BAKERY

- ☐ 4 ciabatta rolls

PANTRY

- ☐ Olive oil
- ☐ Extra virgin olive oil
- ☐ Red wine vinegar
- ☐ Dried oregano
- ☐ Chilli flakes
- ☐ Ground cumin
- ☐ Ground turmeric
- ☐ Ground cinnamon
- ☐ Black pepper
- ☐ Caster sugar
- ☐ 97% fat-free mayonnaise
- ☐ Fish sauce
- ☐ Brown sugar
- ☐ Salt-reduced soy sauce
- ☐ 3 cloves garlic

Christmas FEAST

How our food works for you
see page 73

Whether you host the whole meal or show up with a side, these lightened up dishes are sure to **please everyone** at the table

Rosemary roasted turkey with peppercorn gravy
see recipe, page 32 >>

PREPARE YOUR TURKEY, GREENS SALAD AND BEANS, THEN DECIDE IF YOU WANT TO WHIP UP A NEW MASH OR A TASTY GRATIN TO ACCOMPANY YOUR FEAST.

Citrus & mixed greens salad + roasted garlic, potato & turnip mash + roasted beans with paprika dressing & bacon + Rosemary roasted turkey with peppercorn gravy

PER SERVE 2710kJ, **protein** 45g, **total fat** 34g (sat. fat 10g), **carbs** 35g, **fibre** 12g, **sodium** 602mg • **Carb exchanges** 2½ • **GI estimate** low • **Gluten-free option**

Citrus & mixed greens salad + kale & pumpkin gratin + roasted beans with paprika dressing & bacon + Rosemary roasted turkey with peppercorn gravy

PER SERVE 2700kJ, **protein** 45g, **total fat** 36g (sat. fat 11g), **carbs** 31g, **fibre** 12g, **sodium** 590mg • **Carb exchanges** 2 • **GI estimate** low

Replacing some of the potatoes with turnips gives this mash a slightly **sweet flavour** that pairs well with sharp Parmesan. Plus, it also helps lower the carbs and total kilojoules!

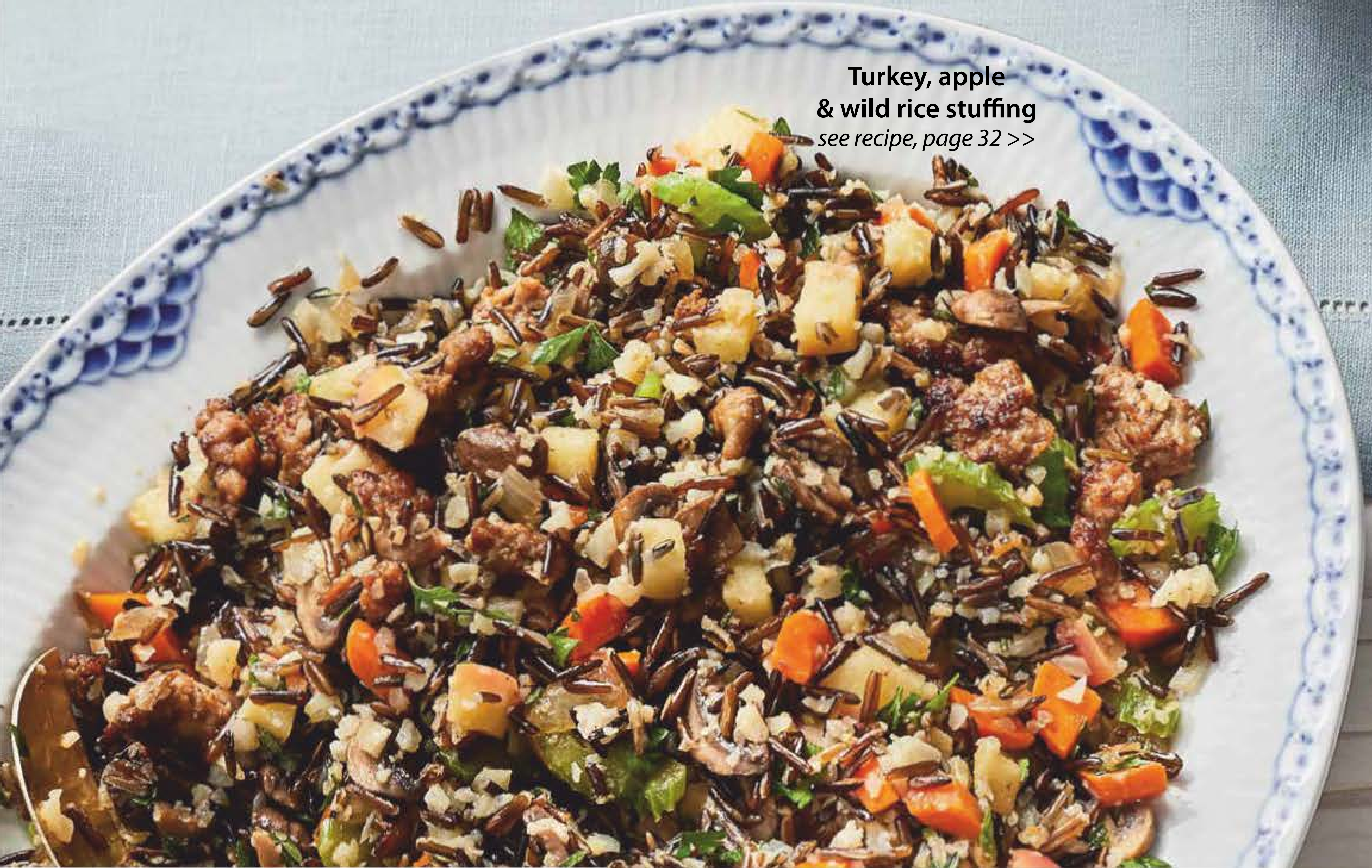
make it ahead

Roast the garlic (Steps 1-2) and keep in the fridge, in an airtight container, for up to 3 days.

Cauliflower rice is mixed into this dish to **help boost** your vegie and fibre intake.

Turkey, apple & wild rice stuffing

see recipe, page 32 >>



Roasted garlic, potato & turnip mash
see recipe, page 28 >>

Roasted beans with paprika dressing & bacon
see recipe, page 28 >>

Cooking bacon and green beans on a baking tray together **simplifies Christmas meal prep**. Red-wine vinegar and lemon juice provide a balanced, bright flavour.

ROASTED BEANS WITH PAPRIKA DRESSING & BACON

GF LC

PREP 5 MINS **COOK** 20 MINS
SERVES 8 (AS A SIDE)

60g lean bacon, trimmed of fat, chopped
700g baby green beans, trimmed
1 eschalot, finely chopped
½ tsp smoked paprika
Freshly ground black pepper
2 tsp red wine vinegar
1 tsp fresh lemon juice

1 Preheat oven to 220°C (fan-forced). Line a large baking tray with baking paper. Arrange bacon in a single layer on tray. Roast for 5 minutes or until opaque.

2 Remove the tray from the oven. Stir in beans, eschalot, paprika and pepper. Spread out in a single layer. Roast for 10-12 minutes or until the beans are lightly browned and tender and the bacon is crisp. Stir in the vinegar and lemon juice. Roast for a further 2 minutes. Serve.

PER SERVE 176kJ, **protein** 3g, **total fat** 2g (sat. fat 1g), **carbs** 2g, **fibre** 3g, **sodium** 92mg • **Carb exchanges** 0 • **GI estimate** n/a • **Gluten free** • **Lower carb**

ROASTED GARLIC, POTATO & TURNIP MASH

GF

PREP 10 MINS **COOK** 50 MINS
SERVES 8 (AS A SIDE)

1 head garlic
1 tsp olive oil
900g desiree potatoes, unpeeled, cut into wedges (see Cook's Tip, right)
450g turnips, cut into chunks (see Cook's Tip, right)
125ml (½ cup) skim milk
40g (½ cup) grated Parmesan
1 Tbsp chopped thyme
1 Tbsp chopped chives
2 tsp light margarine
Freshly ground black pepper

1 Preheat oven to 180°C (fan-forced).

2 Rub off the excess papery skin from garlic without separating the cloves. Slice the tip off the head, exposing the ends of the cloves. Place the garlic on a piece of foil, drizzle with oil, and wrap into a package. Roast for 45 minutes or until the garlic is golden brown and soft. When cool enough to handle, squeeze the cloves and any oil left in the foil into a small bowl.

3 Meanwhile, combine the potatoes and turnips in a large saucepan. Cover with enough cold water to cover. Bring to a boil over a medium-high heat. Reduce heat to medium low, cover, and cook for 20 minutes or until tender. Drain.

4 Return the potatoes and turnips to the pan and place over medium-low heat. Add the roasted garlic and mash with a potato masher to desired consistency. Stir in the milk, Parmesan, thyme, chives, margarine and pepper.

PER SERVE 490kJ, **protein** 6g, **total fat** 3g (sat. fat 2g), **carbs** 15g, **fibre 4g, sodium** 98mg • **Carb exchanges** 1 • **GI estimate** high • **Gluten free**

COOK'S TIP

Cut the potatoes and turnips into equal-size pieces to ensure even cooking.

CITRUS & MIXED GREENS SALAD

GFO

START TO FINISH 15 MINS
SERVES 8 (AS A SIDE)

3 navel oranges
1 grapefruit
4 cups mixed salad leaves
2 cups roughly torn radicchio leaves
¼ cup pomegranate seeds

DRESSING
3 Tbsp extra-virgin olive oil
3 Tbsp fresh lemon juice
2 Tbsp honey
1 Tbsp chopped thyme
1 eschalot, finely chopped
2 tsp Dijon mustard or gluten-free mustard

Freshly ground black pepper

1 Slice the ends off oranges and grapefruit so they stand upright. Use a small, sharp knife to cut off the remaining peel and white pith, following the curve of the fruit. Slice each crosswise into rounds. Remove any seeds.

2 To make the dressing, whisk the oil, lemon juice, honey, thyme, eschalot, mustard and pepper in a small bowl.

3 Combine the salad leaves and radicchio in a bowl. Arrange on a platter. Top the leaves with the citrus slices and sprinkle with the pomegranate seeds. Drizzle with the dressing just before serving.

PER SERVE 598kJ, **protein** 2g, **total fat** 7g (sat. fat 1g), **carbs** 15g, **fibre** 4g, **sodium** 50mg • **Carb exchanges** 1 • **GI estimate** low • **Gluten-free option** ➤

Citrus fruit is an excellent source of **vitamin C** ; one serve of this salad will provide more than 100 per cent of your recommended dietary intake (RDI)

Citrus & mixed greens salad
see recipe, opposite >>

make it ahead

Make the dressing up to 4 days ahead. Keep in the fridge until ready to serve.

make it ahead

Peel and slice pumpkin up to 2 days ahead and keep in an airtight container in the fridge.

This **colourful side dish** livens up any Christmas plate. Creamy melted Gruyère is comforting, while a blend of cumin, nutmeg, and cayenne pepper lends a warm, spicy note.

KALE & PUMPKIN GRATIN

PREP 15 MINS (+ 20 MINS STANDING)
COOK 1 HOUR
SERVES 8 (AS A SIDE)

2 tsp olive oil
1 large brown onion, chopped
6 cloves garlic, crushed
300g shredded kale leaves
185ml (¾ cup) skim milk
2 Tbsp plain flour
60g Gruyère cheese, grated
½ tsp ground cumin
¼ tsp ground nutmeg
Pinch cayenne pepper
4 cups (500g) very thinly sliced butternut pumpkin
30g slice stale bread (see Cook's Tip, below)
1 tsp light margarine

1 Preheat oven to 180°C (fan-forced). Spray a 20cm square baking dish with cooking spray.

2 Heat the oil in a large non-stick frying pan over medium-high heat. Add the onion and garlic. Cook, stirring often, for 6 minutes or until tender and golden. Stir in a handful of the kale at a time, stirring frequently, until the kale wilts.

3 Whisk 2 Tbsp of the milk and flour in a small bowl. Heat the remaining milk in a small saucepan over medium heat for about 3 minutes or until little bubbles form on the surface. Whisk the flour mixture into the hot milk. Cook, stirring, for 1-2 minutes or until slightly thickened. Whisk in the cheese, cumin, nutmeg, and cayenne. Cook, stirring, until the cheese melts and the sauce thickens. Stir the cheese sauce into the kale mixture.

4 Layer half of the pumpkin in the baking dish. Top with half of the kale mixture. Repeat with the remaining pumpkin and kale mixture. Cover with a piece of baking paper and a piece of foil. Bake the gratin for 40-50 minutes or until the pumpkin pierces easily with a fork.

5 Meanwhile, place bread in a food processor and process until it forms coarse crumbs. Melt the margarine in a large non-stick frying pan over medium-high heat. Add the breadcrumbs and cook, stirring, for 5-7 minutes or until toasted. Transfer to a small bowl.

6 Sprinkle the gratin with the toasted breadcrumbs and set aside for 20 minutes before serving.

PER SERVE 490kJ, **protein** 6g, **total fat** 4g (sat. fat 2g), **carbs** 12g, **fibre** 3g, **sodium** 85mg • **Carb exchanges** 1 • **GI estimate** low

COOK'S TIP

If you don't have stale bread, bake a slice at 130°C (fan-forced) for 8-10 minutes or until dry to the touch. ➤

TURKEY, APPLE & WILD RICE STUFFING

GFO

PREP 20 MINS **COOK** 50 MINS
SERVES 8 (AS A SIDE)

110g (½ cup) wild rice, rinsed
2 Tbsp olive oil
250g turkey mince
250g small button mushrooms, thinly sliced
1 brown onion, chopped
1 carrot, finely chopped
1 stalk celery, sliced
6 cloves garlic, crushed
2 cups cauliflower rice (see Cook's Tip, right)
1 apple, quartered, core removed, finely chopped
60ml (¼ cup) salt-reduced chicken stock or gluten-free stock
Freshly ground pepper
¼ cup chopped flat-leaf parsley
2 tsp chopped sage
2 tsp chopped thyme

1 Cook the wild rice according to package directions. Drain.

2 Meanwhile, heat the 1 tsp oil in a large non-stick frying pan over medium-high heat. Add the mince and cook, stirring to break up the mince, for 5-7 minutes or until brown. Transfer to a medium bowl.

3 Add another 3 tsp of the oil to the pan and heat over medium-high heat. Add the mushrooms and cook, stirring occasionally, for 7-8 minutes or until very brown. Transfer the mushrooms to the bowl with the mince.

4 Add the remaining oil to the pan over medium-high heat. Add the onion, carrot, celery, and garlic. Cook, stirring occasionally, for 4-5 minutes or until tender.

5 Return the mushrooms and mince to the pan. Stir in cauliflower rice, apple, stock and pepper. Cover and cook for 5 minutes or until the cauliflower and apple are tender-crisp. Remove the pan from heat and stir in the cooked rice, parsley, sage, and thyme.

PER SERVE 764kJ, **protein** 11g, **total fat** 8g (sat. fat 2g), **carbs** 15g, **fibre** 5g, **sodium** 75mg • **Carb exchanges** 1 • **GI estimate** low • **Gluten-free option**

COOK'S TIP

Look for riced cauliflower in the produce or frozen section of your supermarket, or make your own: pulse cauliflower florets in a food processor to get rice-size pieces.

ROSEMARY ROASTED TURKEY WITH PEPPERCORN GRAVY

GFO LC

PREP 30 MINS (+ 1 HOUR 45 MINS STANDING, 4 HOURS CHILLING)
COOK 2 HOURS 30 MINS
SERVES 8 (AS PART OF MEAL; WITH LEFTOVER TURKEY FOR 12)

TURKEY
6 Tbsp light margarine
6 cloves garlic, crushed
1 eschalot, finely chopped
1½ Tbsp chopped rosemary, plus 5 sprigs
1½ Tbsp wholegrain mustard or gluten-free mustard
1½ tsp grated lemon zest
5kg whole fresh or frozen turkey (defrosted following packet directions if frozen)
1 small brown onion, quartered
1 lemon, halved
1 stalk celery, cut into 4 pieces
1 carrot, cut into 4 pieces
5 sprigs sage
5 sprigs thyme

GRAVY
1 Tbsp pan drippings from turkey
1 eschallot, finely chopped
1 clove garlic, minced
1½ Tbsp plain flour or gluten-free flour
60ml (¼ cup) dry white wine
250ml (1 cup) water
90ml salt-reduced chicken stock or gluten-free stock
2 tsp chopped sage
2 tsp chopped thyme
1½ Tbsp light thickened cream
½ tsp coarsely ground black peppercorns

1 To prepare the turkey, combine the margarine, garlic, eschalot, chopped rosemary, mustard and lemon zest in a small bowl.

2 Remove the giblets and neck from turkey; reserve for another use or discard. Pat the outside and cavity of the turkey very dry with paper towels. Place on a large baking tray.

3 Starting at the neck cavity, insert two fingers between skin and meat, gently loosening the skin along the breast. Push gently until most of the skin is loosened. Repeat on the other side with the thighs and drumsticks. Rub the rosemary mixture under the loosened skin, massaging into breast and legs. Place, uncovered, in the fridge for 4 hours.

4 Remove the turkey from the fridge and set aside at room temperature for 1 hour.

5 Preheat oven to 220°C (fan-forced). Place the turkey, breast-side up, on a wire rack in a large roasting pan. Stuff the cavity with onion, lemon, celery, carrot, rosemary sprigs, sage sprigs, and thyme sprigs. Lift the wing tips up and over the back; tuck under the turkey. Secure the legs with kitchen string.

6 Roast the turkey, uncovered, for 30 minutes. Reduce oven temperature to 170°C (fan-forced). Cover the turkey loosely

Rosemary roasted turkey with peppercorn gravy
see recipe, opposite >>

RECIPES ANDREA KIRKLAND; ADDITIONAL INFORMATION ALISON ROBERTS, SHANNON LAVERY (DIETITIAN); PHOTOGRAPHY GREG DUPREE; STYLING CHELSEA ZIMMER; HEATHER HILLEGAS

with foil and roast for 1¾-2 hours or until a thermometer inserted into the thickest part of the breast and innermost part of the thigh reaches 74°C (see Cook's Tips, right). Carefully transfer the turkey to a carving board. Reserve 2 Tbsp of the pan juices for making the gravy (discard the remainder). Let the turkey set aside for 30-45 minutes before carving.

7 Meanwhile, to prepare the gravy: Heat the juices in a large non-stick frying pan over medium-high heat. Add the eschalot and garlic. Cook, stirring, for 3 minutes or until tender. Whisk in the flour and cook, stirring, for 1-2 minutes or until it turns golden and the mixture begins to look like a brown crumbly paste. Whisk in the wine. Cook for 1 minute or until almost evaporated. Whisk in the water, stock, sage and thyme. Cook, whisking occasionally, for 10-14 minutes or until gravy thickens.

8 Strain the gravy through a sieve into a medium bowl. Discard the solids. Wipe pan clean and return the gravy to it. Add cream and peppercorns to the pan. Cook, stirring, over low heat for 2-3 minutes or until heated through.

9 Carve the turkey and serve with the gravy.

PER SERVE 1440kJ, **protein** 33g, **total fat** 22g (**sat. fat** 7g), **carbs** 2g, **fibre** 1g, **sodium** 363mg • **Carb exchanges** 0 • **GI estimate** n/a • **Gluten-free option** • **Lower carb**

COOK'S TIPS

* If the turkey is browning unevenly, rotate it halfway through cooking.

* When roasting a turkey, the only reliable way to check for doneness is to use an instant-read thermometer in both the breast and the thigh. Instant-read thermometers are available at kitchenware stores and online.

HEALTH TIP

To reduce the total and saturated fat content of this meal, try removing the skin before eating. ■

How our food works for you see page 73

Turkey: take two

A leftover bird is anything but boring! Give new life to a Christmas turkey with these quick and tasty meals

Chipotle turkey tostadas
see recipe, page 41 >>

WALDORF TURKEY SALAD

GFO LC

START TO FINISH 10 MINS
SERVES 4 (AS A LIGHT MEAL)

80g (⅓ cup) 97% fat-free mayonnaise or gluten-free mayonnaise
2 tsp Dijon mustard or gluten-free mustard
Freshly ground black pepper
125g shredded cooked turkey or chicken
1 Granny Smith apple, unpeeled, chopped
1½ cups seedless red grapes, halved
70g (½ cup) chopped walnuts
12 large butter lettuce leaves

1 Combine the mayonnaise, mustard and pepper in a bowl. Add the turkey, apple, grapes, and walnuts. Toss to coat.

2 Line 4 small plates with 3 lettuce leaves each. Divide the salad mixture among the plates. Serve.

PER SERVE 1130kJ, **protein** 13g, **total fat** 14g (sat. fat 1g), **carbs** 20g, **fibre** 5g, **sodium** 1 4 g **Carb exchanges** 2 **GI estimate** low
Gluten-free option • Lower carb

COOK'S TIP

Make up to the end of step 1. Keep in the fridge for up to 1 day.

TURKEY & WILD RICE SOUP

GFO

PREP 15 MINS **COOK** 1 HOUR
SERVES 6 (AS A LIGHT MEAL)

- **2 Tbsp olive oil**
- **1 small brown onion, chopped**
- **2 carrots, chopped**
- **2 stalks celery, chopped**
- **250g button mushrooms, chopped**
- **Freshly ground black pepper**
- **2 Tbsp plain flour or gluten-free flour**
- **875ml (3½ cups) water**
- **625ml (2½ cups) salt-reduced chicken stock or gluten-free stock**
- **160g (¾ cup) wild rice**
- **120g green beans, cut into 3cm lengths**
- **280g (2½ cups) shredded cooked turkey or chicken**
- **500ml (2 cups) skim milk**
- **1 Tbsp fresh lemon juice**
- **2 tsp chopped thyme or ½ tsp dried thyme leaves**

1 Heat the oil in a large saucepan over medium-high heat. Add the onion, carrots, celery, mushrooms and pepper. Cook, stirring occasionally, for 6 minutes or until the vegetables soften and the mushrooms have begun to release their liquid.

2 Sprinkle the flour over the vegetables. Cook, stirring, for 1 minute or until the vegetables are coated and beginning to brown. Add the water and stock. Cook, for 1 minute, scraping up any browned bits off base of the pan.

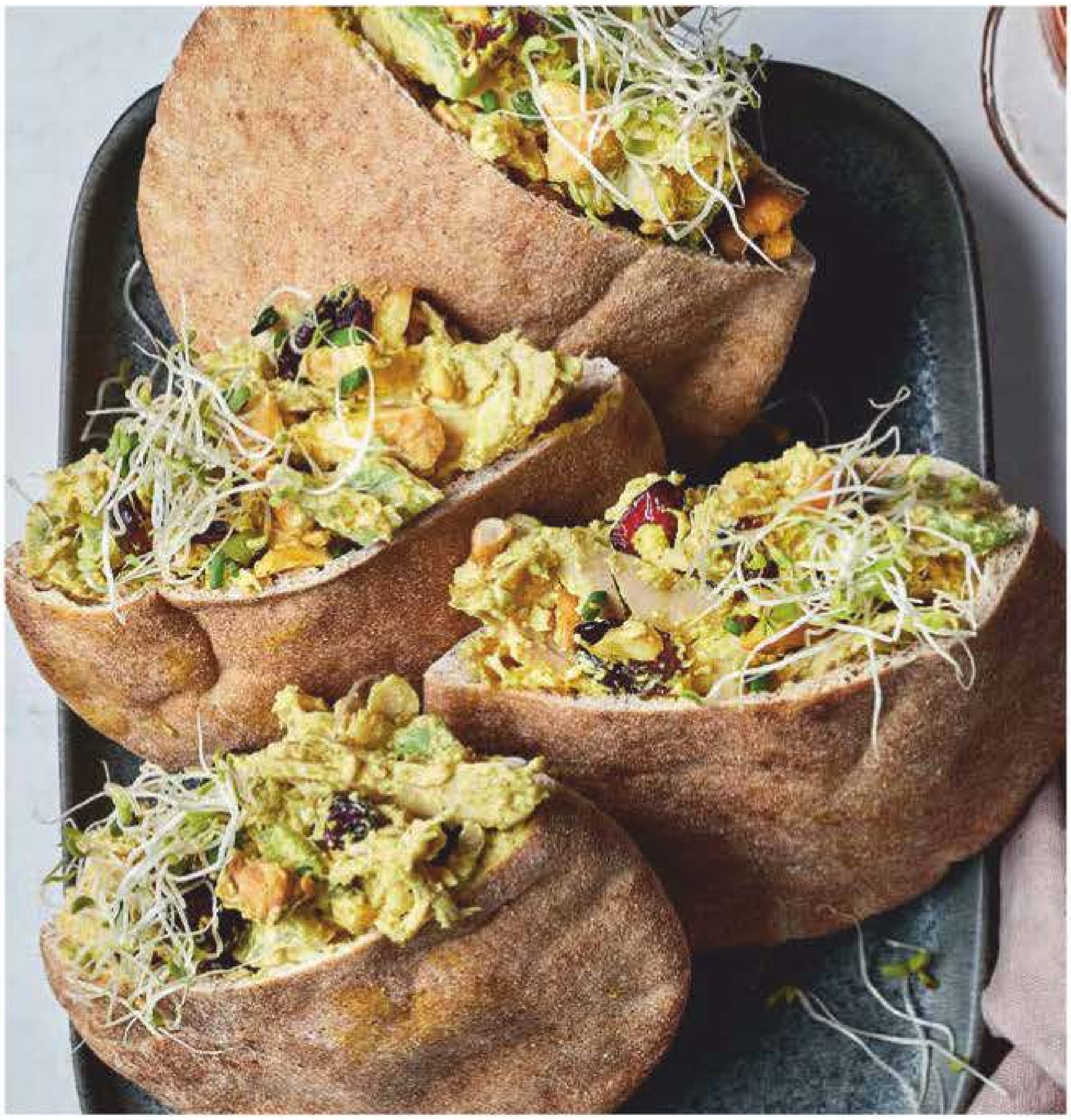
3 Add wild rice to pan and bring to the boil. Cover and reduce heat to medium-low. Simmer, covered, stirring occasionally, for 40 minutes. Add the green beans. Cover and continue cooking for 10 minutes or until beans are soft and the rice is tender.

4 Add the turkey, milk, lemon juice, and thyme to the pan. Cook, stirring, until warmed through.

PER SERVE 1290kJ, **protein** 22g, **total fat** 10g (sat. fat 2g), **carbs** 29g, **fibre** 6g, **sodium** 3 mg • **Carb exchanges** 1 • **GI estimate** low • **Gluten-free option**

HEALTH TIP

Opt for home-cooked turkey or chicken, rather than deli style which tend to be high in sodium. ➤



CURRY CASHEW TURKEY SALAD PITAS

LC

PREP 10 MINS **COOK** 5 MINS
SERVES 4 (AS A LIGHT MEAL)

140g shredded cooked turkey or chicken
2 stalks celery, chopped
60g (½ cup) unsalted cashews, roasted and coarsely chopped (see Cook's Tip, below right)
40g (¼ cup) dried cranberries
1 Tbsp olive oil
2 cloves garlic, crushed
2 tsp hot or mild curry powder
70g (⅓ cup) fat-free Greek-style natural yoghurt
2 Tbsp chopped chives or 1 tsp dried chives
1 tsp fresh lime juice
4 small (10cm) wholemeal pitas, cut in half and opened to form a pocket
1 cup alfalfa sprouts

1 In a bowl, combine turkey, celery, cashews, and cranberries.

2 Heat the oil in a small non-stick frying pan over medium-high heat. Add garlic and curry powder. Cook, stirring, for 30 seconds or until garlic is sizzling and fragrant. Add to salad mixture along with yoghurt, chives, and lime juice. Stir to combine.

3 Fill each pita half with ¼ cup of salad mixture; top with sprouts.

PER SERVE 1310kJ, **protein** 17g, **total fat** 15g (sat. fat 3g), **carbs** 25g, **fibre** 5g, **sodium** 260mg
• **Carb exchanges** 1½
• **GI estimate** medium • **Lower carb**

COOK'S TIPS

■ To toast the nuts, cook in a small non-stick frying pan over medium heat, stirring often, for 3-4 minutes or until toasted and aromatic.

■ You can make the recipe to the end of Step 2; keep in an airtight container in fridge for up to 1 day.

TURKEY, PESTO & BROCCOLI PASTA

GFO LC

PREP 10 MINS **COOK** 15 MINS
SERVES 4 (AS A MAIN)

160g wholemeal fusilli pasta or gluten-free pasta
200g broccoli, cut into small florets
250g shredded cooked turkey or chicken
150g grape tomatoes, halved
140g (½ cup) bought pesto or gluten-free pesto
1 Tbsp fresh lemon juice
30g (¼ cup) grated Parmesan
Freshly ground black pepper

1 Bring a large saucepan of water to a boil. Add the pasta and cook for 3 minutes less than packet directions.

2 Add the broccoli to the pasta and continue cooking for 2-3 minutes or until the pasta is al dente and the broccoli is tender-crisp. Drain and return the pasta and broccoli to the saucepan.

3 Add the turkey, tomatoes, pesto and lemon juice to the pan. Divide among 4 plates and top each serving with Parmesan and pepper. Serve.

PER SERVE 1980kJ, **protein** 29g, **total fat** 26g (sat. fat 6g), **carbs** 26g, **fibre** 7g, **sodium** 331mg • **Carb exchanges** 1½ • **GI estimate** low • **Gluten-free option** • **Lower carb** ➤

18+

WHAT IS
AVAXHOME?

AVAXHOME -

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make
it ahead

Prepare the garlic and herb paste (Step 2) and keep in an airtight container in the fridge for up to 3 days.

DON'T HAVE LEFTOVER TURKEY? Prepare this simple roast turkey breast, which also makes a great centrepiece for a small Christmas gathering.

ROASTED GARLIC & HERB TURKEY BREAST

GF LC

PREP 20 MINS
COOK 2 HOURS 30 MINS
SERVES 6 (AS PART OF A MEAL)

1 head garlic
1 Tbsp olive oil
1 Tbsp chopped herbs, such as parsley, thyme, and/or sage, plus additional whole sprigs (optional), or 1 tsp dried herbs
Freshly ground black pepper
1 lemon, sliced
1.2kg bone-in turkey breast half
250ml (1 cup) water, plus more as needed

1 Preheat oven to 190°C (fan-forced).

2 Rub off the excess papery skin from garlic without separating the cloves. Slice the tip off the head, exposing ends of cloves. Place the garlic on a piece of foil, drizzle with oil and wrap into a package. Roast for 45 minutes or until the garlic is golden brown and soft. When cool enough to handle, squeeze the cloves and any oil left in the foil into a small bowl. Add chopped (or dried) herbs and pepper. Use a fork to mash to a paste.

3 Scatter lemon slices and herb sprigs, if using, in a roasting tin. Loosen skin on turkey breast and spread all but 1 tsp of the garlic paste under it, massaging the paste into the meat. Spread the remaining paste over the skin on the underside of the breast. Place the turkey in the pan and add 1 cup water.

4 Roast the turkey, for 1¼-1¾ hours, checking the water every 30 minutes and adding more, ½ cup at a time, if the pan is dry, until an instant-read thermometer inserted in the thickest part (without touching bone) registers 73°C or until a skewer inserted into thickest part and juices run clear.

5 Remove the turkey from oven; set aside for 10 minutes to rest. Discard skin before carving.

PER SERVE 1210kJ, **protein** 49g, **total fat** 10g (sat. fat 2g), **carbs** 0g, **fibre** 0g, **sodium** 350mg • **Carb exchanges** 0 • **GI estimate** n/a • **Gluten free** • **Lower carb**

HEALTH TIP

Serve with a basic green salad for a super low carb meal. Or add some roasted sweet potato pieces for some added low GI carbs and plenty of flavour.

CHIPOTLE TURKEY TOSTADAS

GF LC

PREP 15 MINS **COOK** 20 MINS
SERVES 6 (1 TOSTADA EACH; AS A LIGHT MEAL)

6 x 15cm corn tortillas
425g can no-added-salt black beans, drained and rinsed
60g (¼ cup) reduced-fat Greek-style natural yoghurt
1 green shallot, chopped
2 cups raw (undressed) vegetable slaw or coleslaw mix
1 avocado, chopped
2 Tbsp fresh lime juice
2 tsp olive oil
3 Tbsp no-added-salt tomato paste
½ tsp garlic powder
½ tsp Mexican chilli powder
125ml (½ cup) water
250g shredded cooked turkey or chicken
¼ cup chopped coriander, plus extra for garnish
Lime wedges, to serve (optional)

1 Preheat oven to 190°C (fan-forced). Spray both sides of the tortillas with cooking spray. Place on a large baking tray. Bake, turning once, for 12-14 minutes or until light brown and crispy.

2 Meanwhile, combine the black beans, yoghurt and green shallot in a bowl. Mash with a potato masher or large fork to form a chunky paste. Combine the vegetable slaw (or coleslaw), avocado, lime juice and oil in a separate bowl.

3 Whisk the tomato paste, garlic powder, chilli powder and water in a medium saucepan until smooth. Add the turkey (or chicken) and cook over medium heat for 2-3 minutes or until the meat is coated and heated through. Stir in the coriander.

4 To assemble the tostadas, spread a quarter of the bean mixture over each tortilla. Top with ½ cup slaw and about ⅓ cup of the meat mixture. Top with extra coriander, if using.

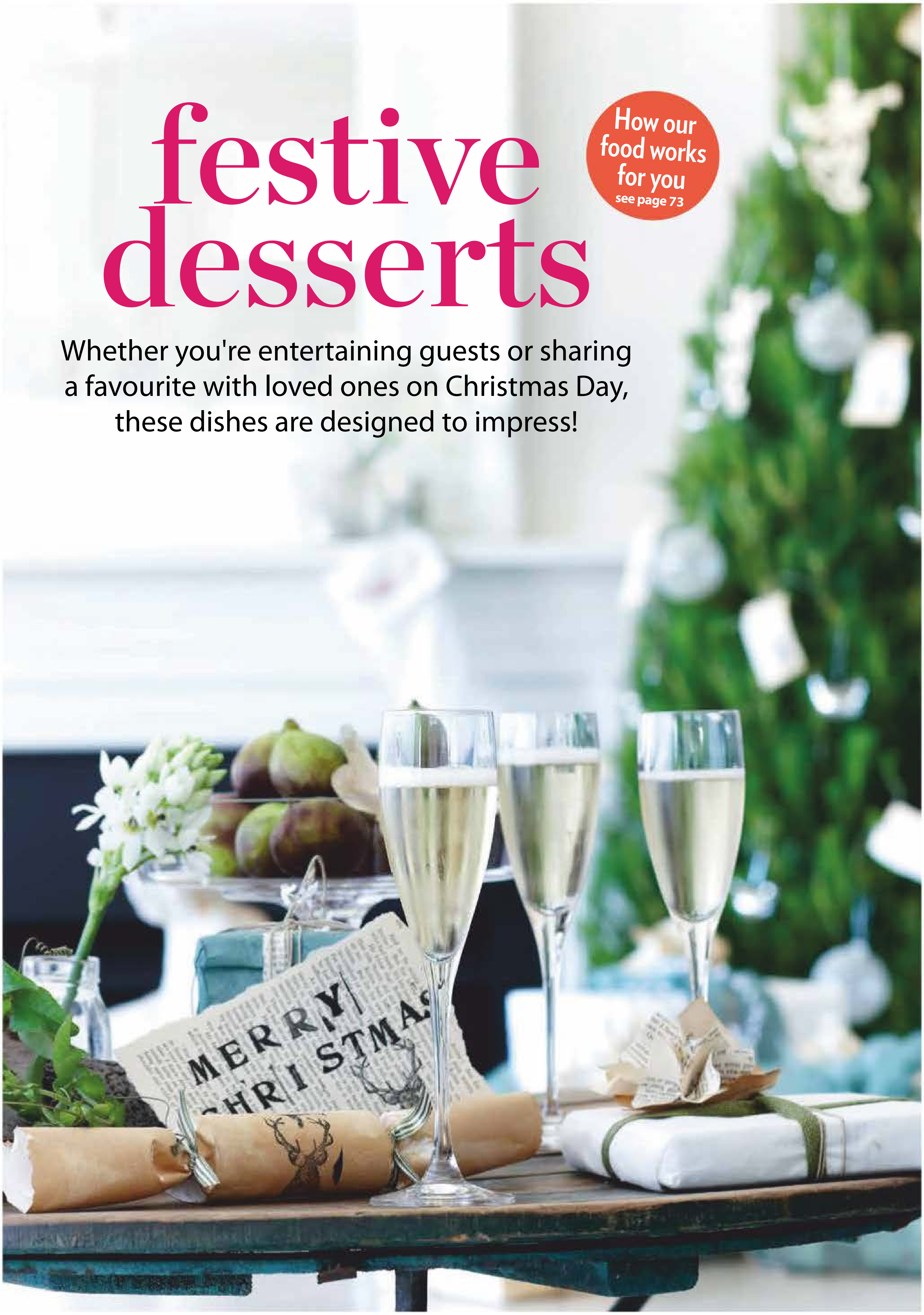
PER SERVE 1130kJ, **protein** 18g, **total fat** 11g (sat. fat 3g), **carbs** 22g, **fibre** 6g, **sodium** 146mg • **Carb exchanges** 1½ • **GI estimate** low • **Gluten free** • **Lower carb** ■

RECIPES HILARY MEYER; ADDITIONAL INFORMATION ALISON ROBERTS, SHANNON LAVERY (DIETITIAN);
PHOTOGRAPHY GREG DUPREE; STYLING CHELSEA ZIMMER, HEATHER HILLEGAS

festive desserts

Whether you're entertaining guests or sharing a favourite with loved ones on Christmas Day, these dishes are designed to impress!

How our food works for you
see page 73



Creamy blueberry and lychee sponge slice

recipe, page 44 >>

Packed full of antioxidants and nutrients, blueberries and lychee are the perfect, healthy addition to this dessert.

CREAMY BLUEBERRY AND LYCHEE SPONGE SLICE

START TO FINISH 25 MINS (+ 4 HOURS CHILLING)
SERVES 4 (AS AN OCCASIONAL DESSERT)

75g light cream cheese, softened
2 Tbsp skim condensed milk
80g drained canned pitted lychees and 2 Tbsp reserved lychee juice (see Cook's Tips, below)
140g (½ cup) vanilla fat-free yoghurt
1 tsp finely grated lime rind
1 tsp powdered gelatine
2 Tbsp boiling water
50g sponge finger biscuits
40g (¼ cup) blueberries, halved
Organic edible flowers, to decorate (optional)

1 Use hand held beaters to beat the cream cheese and condensed milk in a small bowl until smooth.

2 Blend or process half the lychees in a small food processor until smooth. Fold the pureed lychees through the cream cheese mixture with the yoghurt and lime rind. Reserve remaining quartered lychees, covered, in the fridge.

3 Sprinkle the gelatine over the boiling water in a small heatproof bowl. Stir until dissolved. Stir into cream cheese mixture.

4 Line the base and two long sides of an 8cm x 20cm loaf pan with baking paper, extending paper 2cm above the sides of pan. Cover the base of pan with sponge finger biscuits, trimming to fit. Brush with reserved lychee juice. Pour cheesecake mixture over biscuits. Place in the fridge for 4 hours or until firm.

5 Lift the cheesecake out of pan using the overhanging paper. Decorate with remaining lychees, blueberries and edible flowers, if using. Cut cheesecake into quarters crossways to serve (or cut into eight equal slices – 2 slices per serve – if you prefer).

PER SERVE 730kJ, **protein** 7g, **total fat** 5g (sat. fat 3g), **carbs** 24g, **fibre** 1g, **sodium** 03m • **Carb exchanges** ½ • **GI estimate** high

COOK'S TIPS

- Use fresh lychees when they are in season replacing the lychee juice with unsweetened apple juice. Leftover canned lychees can be frozen for up to 3 months.
- Cheesecake can be made a day ahead. Store, covered, in the fridge.

Coffee granita
recipe, opposite >>

COFFEE GRANITA

GF

PREP 10 MINS (+ 6 HOURS FREEZING)
COOK 5 MINS
SERVES 6 (AS A DESSERT)

- **75g (⅓ cup) low-GI cane sugar**
- **750ml (3 cups) water**
- **60ml (¼ cup) strong espresso coffee**
- **60ml (¼ cup) light thickened cream**

1 Combine the sugar and the water in a small saucepan over low heat, stirring, until sugar is dissolved. Remove the pan from heat. Stir in coffee. Set aside to cool to room temperature.

2 Pour the coffee mixture into a shallow metal tray. Cover and freeze for 6 hours, scraping with a fork every hour.

3 Scrape the granita with a fork and spoon into glasses. Drizzle each with 2 tsp cream. Serve granita immediately.

PER SERVE 284kJ, **protein** 0g, **total fat** 2g (sat. fat 1g), **carbs** 13g, **fibre** 0g, **sodium** 7mg • **Carb exchanges** 1 • **GI estimate** low • **Gluten free**

COOK'S TIP

To make the strong espresso coffee, dissolve 3 tsp instant espresso coffee into 80ml (⅓ cup) boiling water. This granita is a delicious alternative to regular coffee for brunch when entertaining friends in the warmer months. Use granita within 1 month of making. ➤

Chocolate dessert cake with raspberries

recipe, page 48 >>

Passionfruit mango yoghurt jellies

recipe, page 48 >>

Put a smile on any face with a delicious slice of chocolate cake!

CHOCOLATE DESSERT CAKE WITH RASPBERRIES

PREP 15 MINS **COOK** 20 MINS
SERVES 10 (AS A DESSERT)

4 x 67g eggs, at room temperature
110g (½ cup) caster sugar
75g (½ cup) wholemeal self-raising flour
2 Tbsp cornflour
25g (¼ cup) cocoa powder
2 Tbsp almond meal
1 tsp cream of tartar
60ml (¼ cup) hot water
40g dark chocolate (70% cocoa)
125g punnet raspberries

1 Preheat oven to 180°C (fan-forced). Lightly spray a deep 20cm round cake pan with cooking spray. Line the base and side with baking paper.

2 Use an electric mixer to beat the eggs and sugar in a medium bowl for 8 minutes or until thick and fluffy.

3 Meanwhile, triple sift the flour, cornflour, cocoa, almond meal and cream of tartar onto a piece of baking paper, returning any nuts in sieve to flour mixture. Sift flour mixture over egg mixture. Use a large metal spoon to fold ingredients together. When almost combined, pour the hot water around the inside edge of the bowl and carefully fold until just combined. Pour mixture into the pan.

4 Bake cake for 20 minutes or until the cake springs back when touched lightly in the centre. Cake will have a slightly cracked appearance on the surface. Transfer cake, top-side up, onto a baking paper-covered wire rack to cool.

5 Place chocolate in a small heatproof bowl over a small saucepan of simmering water (don't let water touch base of bowl). Stir until the chocolate melts. Remove the bowl from the heat and set aside to cool slightly.

6 Drizzle the cake with chocolate and top with raspberries. Cut cake into 10 equal slices to serve.

PER SERVE 640kJ, **protein** 5g, **total fat** 5g (sat. fat 2g), **carbs** 21g, **fibre** 2g, **sodium** 98mg • **Carb exchanges** 1½ • **GI estimate** medium

COOK'S TIP

Cake is best eaten on the day it is made.

PASSIONFRUIT MANGO YOGHURT JELLIES

GF

START TO FINISH 25 MINS (+ 8 HOURS CHILLING)
SERVES 4 (AS A DESSERT)

9g sachet sugar-free lite mango passionfruit jelly crystals
250ml (1 cup) boiling water
250ml (1 cup) cold water
1½ tsp powdered gelatine
2 Tbsp boiling water, extra
500g reduced-fat Greek-style vanilla yoghurt
1 Tbsp honey
1 Tbsp fresh passionfruit pulp

1 Place the jelly crystals and the boiling water in a medium heatproof bowl. Stir to dissolve the crystals. Add the cold water and stir to combine. Divide mixture evenly among four 310ml (1¼ cup) serving glasses. Tilt the glasses at a slight angle on a tray (resting against an upturned empty egg carton will help keep them stable). Refrigerate for at least 4 hours or until set.

2 Sprinkle gelatine over the extra boiling water in a small heatproof bowl. Stir to dissolve gelatine. Place half the yoghurt and all honey in microwave-safe bowl. Heat in microwave on high (100%), in 30-second bursts, until warm. Add gelatine to warm yoghurt. Mix well. Stir in remaining yoghurt.

3 Stand serving glasses upright on a tray. Pour yoghurt mixture into serving glasses. Place in the fridge for 4 hours or until set.

4 Top the desserts with passionfruit pulp to serve.

PER SERVE 632 kJ, **protein** 11g, **total fat** 3g (sat. fat 2g), **carbs** 18g, **fibre** 3g, **sodium** 159mg • **Carb exchanges** 1½ • **GI estimate** low • **Gluten free**

COOK'S TIP

Choose a reduced-fat Greek-style yoghurt with a fat content of less than 5 per cent, or 5g per 100g. The recipe can be made up to 2 days ahead. Store, covered, in the fridge.

PHOTOGRAPHY LOUISE LISTER; STYLING VIVIAN WALSH; PHOTOCHEF SARAH HOBBS, CYNTHIA BLACK; ADDITIONAL INFORMATION ALISON ROBERTS, SHANNON LAVERY (DIETITIAN); ADDITIONAL PHOTOGRAPHY GETTY IMAGES

STRAWBERRY AND ORANGE MILLE FEUILLE

PREP 10 MINS **COOK** 5 MINS
SERVES 2 (AS A DESSERT)

1 sheet filo pastry
80g reduced-fat ricotta
½ tsp finely grated orange zest
3 tsp fresh orange juice
325g strawberries, thinly sliced
1 Tbsp icing sugar, sifted

1 Preheat oven to 200°C (fan-forced). Lightly spray a baking tray with cooking spray.

2 Lightly spray filo pastry with oil and fold in half. Cut pastry into six rectangles. Place on prepared tray and bake for 5 minutes or until golden. Set aside to cool.

3 Meanwhile, combine the ricotta, orange zest and juice and 3 tsp of the icing sugar in a small bowl.

4 Place a pastry rectangle on a serving plate and lightly spread a quarter of the ricotta mixture over pastry. Top with a quarter of the strawberries. Repeat layering, finishing with a third pastry rectangle.

5 Repeat Step 4 to make a second mille feuille; sprinkle mille feuilles with remaining sifted icing sugar.

PER SERVE 480kJ, **protein** 5g, **total fat** 2g (sat. fat 1g), **carbs** 17g, **fibre** 4g, **sodium** 2mg • **Carb exchanges** 1 • **GI estimate** medium

COOK'S TIPS

- To avoid the mille feuille slipping on the plate, place a dab of ricotta mixture under the first pastry rectangle. It will hold the pastry in place. Assemble these mille feuilles just before serving or the pastry will go soggy.
- You can use any seasonal fruit, such as raspberries, blueberries, thinly sliced stone fruit, sliced seedless grapes or fresh figs. ■

Try a lower-sugar cocktail or mocktail at your next celebration

In good spirits

Christmas isn't the same without a little seasonal cheer. But navigating all that beer and prosecco punch can be a challenge. Even if you go the mocktail route, summer drinks can be packed with carb- and kilojoule-heavy ingredients like sugar, soft drink, juice, and even cream. Plus, if someone else is making your cocktail, your drink could contain more alcohol than you'd expect. The good news is that healthier Christmas imbibing is possible – whether or not you choose to drink alcohol. These lower-sugar recipes and tips provide a Christmas (and carb-smart) way to toast the season.

Fizzy rosemary cider mocktail
recipe, page 52 >>

Sugar-free rosemary simple syrup
recipe, page 52 >>

A note about alcohol

In some cases, drinking alcohol can lead to unexpected blood glucose lows up to 24 hours later, especially if you take insulin or an insulin-secreting medication. Use caution when drinking:

- on an empty stomach.
- without having eaten enough carbohydrates.
- after exercising.

How our food works for you
see page 73

MAKE YOUR OWN!

Try this four-step strategy next time you want to raise a (lower-sugar) glass:

1 Start with a low-kilojoule, low-carb mixer, like soda water, diet ginger ale, herbal tea, or coffee.

2 Sweeten with 1-2 Tbsp of juice, 1-2 tsp of honey or maple syrup, or 1 Tbsp of Sugar-Free Simple Syrup (see recipe, page 52).

3 Add a measured serving of alcohol, if you like (up to 100mls of wine/champagne or 30mls of spirits).

4 Top with a festive garnish. ➤

Cranberry Grand Marnier sparkler
recipe, page 52 >>

Gingerbread-spice toddy
recipe, page 52 >>

> This is as festive as a Christmas mock- or cocktail gets! Cheers to a happy and bright new year

FIZZY ROSEMARY CIDER MOCKTAIL

GF

SERVES 1 (AS A DRINK)

Combine 125ml (½ cup) **non-alcoholic apple cider**, 125ml (½ cup) **soda water** and 1 Tbsp **sugar-free rosemary simple syrup** (see recipe, right) in a highball glass. Garnish with a sprig of **rosemary**.

PER SERVE 185kJ, **protein** 0g, **total fat** 0g (sat. fat 0g), **carbs** 11g, **fibre** 0g, **sodium** 48mg • **Carb exchanges** ½ • **GI estimate** high • **Gluten free**

SUGAR-FREE ROSEMARY SIMPLE SYRUP

GF LC

SERVES 6 (1 TBSP PER SERVE)

Combine 125ml (½ cup) **water**, ¼ cup **granulated sugar substitute,** and 1 sprig **rosemary** in a small saucepan. Cook, stirring, over medium heat for 1 minute or until the sugar substitute is completely dissolved. Remove the pan from heat and set aside for 30 minutes to cool. Remove and discard the rosemary sprig. Use immediately or keep in an airtight container or jar in the fridge for up to 1 week.

PER SERVE 18kJ, **protein** 0g, **total fat** 0g (sat. fat 0g), **carbs** 1g, **fibre** 0g, **sodium** 1mg • **Carb exchanges** 0 • **GI estimate** n/a • **Gluten free** • **Lower carb**

GINGERBREAD-SPICE TODDY

GF

SERVES 1 (AS A DRINK)

Combine 170ml **brewed decaf or herbal tea**, 30ml **bourbon**, 1½ tsp **honey** and ½ tsp **fresh lemon juice**. Garnish with 1 **cinnamon stick** and 1 strip **lemon zest**.

PER SERVE 321 kJ, **protein** 0g, **total fat** 0g (sat. fat 0g), **carbs** 9g, **fibre** 0g, **sodium** 1mg • **Carb exchanges** ½ • **GI estimate** medium • **Gluten free**

CRANBERRY GRAND MARNIER SPARKLER

GF LC

SERVES 1 (AS A DRINK).

Combine 125ml (½ cup) **sparkling wine**, 2 tsp **Grand Mariner** and 30ml **Ocean Spray Low Sugar cranberry juice** in a champagne flute. Garnish with 1 strip **orange zest** and 2 **frozen cranberries**.

PER SERVE 435kJ, **protein** 0g, **total fat** 0g (sat. fat 0g), **carbs** 2g, **fibre** 0g, **sodium** 16mg • **Carb exchanges** 0 • **GI estimate** n/a • **Gluten free** • **Lower carb** ■

RECIPES KAREN ANSEL; ADDITIONAL INFORMATION ALISON ROBERTS, SHANNON LAVERY (DIETITIAN); PHOTOGRAPHY JACOB FOX; STYLING LAUREN KNOELKE, SUE MITCHELL

YOUR NEW FRUIT CAKE

Ginger plus spice and all things nice creates double the deliciousness!

RECIPE ALISON ROBERTS, LISA URQUHART (DIETITIAN), SHANNON LAVERY (DIETITIAN);
PHOTOGRAPHY BEN DEARNLEY; STYLING KRISTEN WILSON; FOOD PREPARATION THERESSA KLEIN

GINGERBREAD FRUIT CAKE

PREP 20 MINS (+ 1 HOUR SOAKING AND OVERNIGHT STANDING)
COOK 2 HOURS 15 MINS
SERVES 30 (AS A SNACK)

600g dried mixed fruit, finely chopped
2 Granny Smith apples, unpeeled, cored, coarsely grated
125ml (½ cup) brandy, warmed
3 x 60g eggs, whisked
90g light margarine, melted
80g (⅓ cup) treacle or golden syrup
160g (1 cup) wholemeal self-raising flour
40g (¼ cup) self-raising flour
1 Tbsp ground ginger
2 tsp mixed spice
80g blanched almonds

1 Combine dried fruit, apple and brandy in a large bowl. Stir well. Set aside for 1 hour to macerate.

2 Meanwhile, preheat oven to 140°C (fan-forced). Spray an 18cm (base measurement) square cake tin with cooking spray. Line base and sides with a double layer of baking paper, allowing the paper to extend about 3cm over the rim of the tin. Adjust oven rack so the top of the tin will sit in the centre of the oven.

3 Add egg, margarine and treacle to the fruit mixture. Mix until well combined. Sift flours, ginger and mixed spice into the fruit mixture, returning husks to bowl. Stir until well combined. Spoon mixture into the prepared tin, using the back of the spoon to press down firmly. Smooth the surface and tap the tin on the benchtop a few times to allow the mixture to settle. Gently press almonds into the cake to form a flower pattern (see picture).

4 Bake cake for 2 hours. Cover with foil and bake for a further 15 minutes or until a skewer inserted into the centre comes out clean and the middle of the cake is firm to touch. Trim overhanging paper and wrap cake, still in tin, in 2 tea towels, to keep it moist as it cools. Set aside overnight to cool completely. Cut into pieces and serve at room temperature.

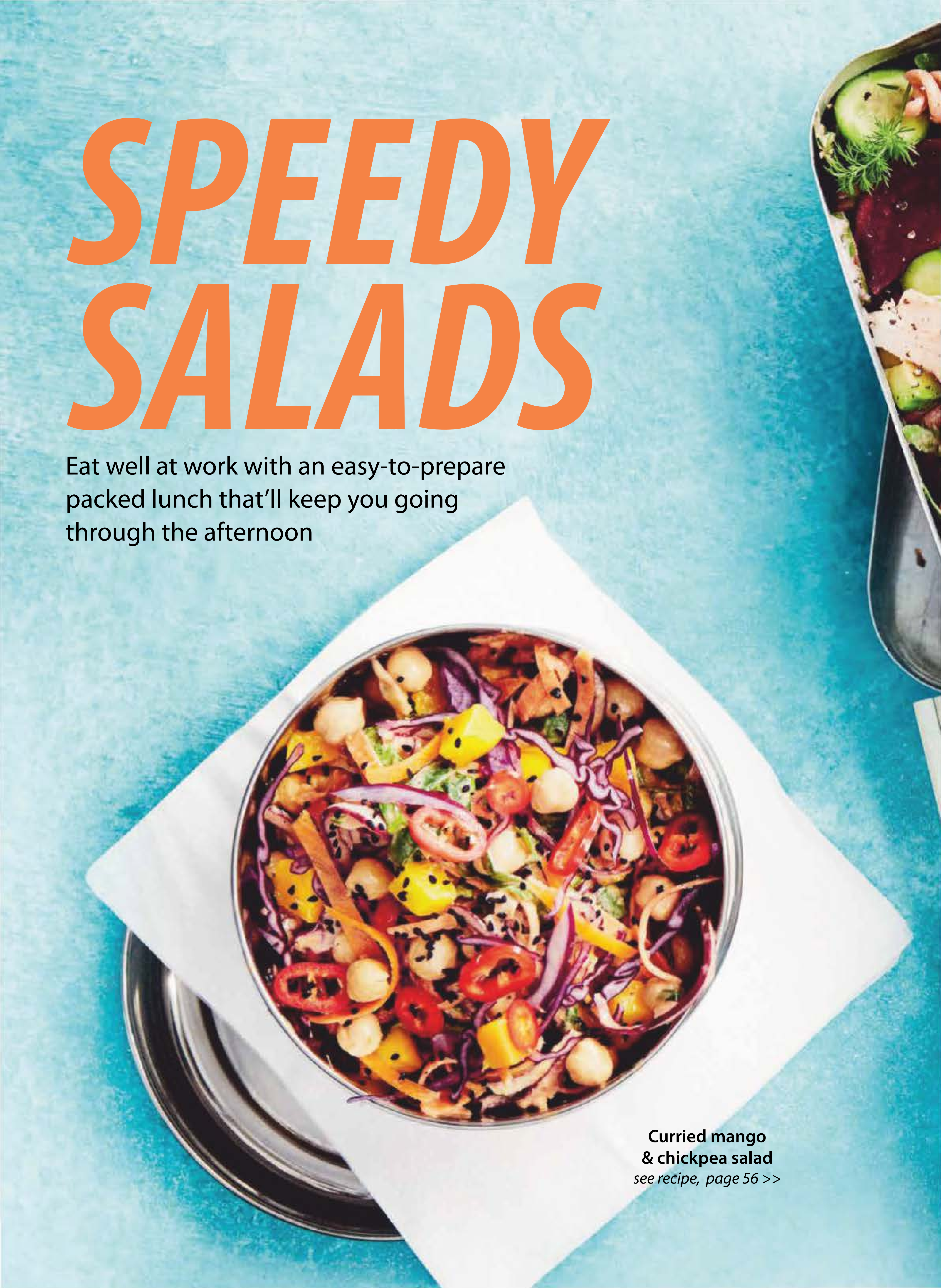
PER SERVE 526kJ, **protein** 2g, **total fat** 3g (sat. fat 1g), **carbs** 20g, **fibre** 2g, **sodium** mg • **Carb exchanges** 1½ • **GI estimate** low

COOK'S TIP

This fruit cake will keep for up to one month in an airtight container. ■

SPEEDY SALADS

Eat well at work with an easy-to-prepare packed lunch that'll keep you going through the afternoon



Curried mango & chickpea salad
see recipe, page 56 >>

Miso broccoli, egg & quinoa salad
see recipe, page 56 >>

How our food works for you
see page 73

BEETROOT & SALMON PASTA

GFO LC

PREP 10 MINS **COOK** 15 MINS
SERVES 1 (AS A LIGHT MEAL)

- **30g wholemeal fusilli or gluten-free pasta**
- **1 cooked beetroot, cut into wedges**
- **⅓ small ripe avocado, chopped**
- **2 baby cucumbers, sliced into rounds**
- **2 Tbsp roughly chopped dill**
- **1 Tbsp fat-free Greek-style yoghurt mixed with 1 Tbsp water**
- **1 heaped tsp creamed horseradish**
- **Freshly ground black pepper**
- **95g can salmon in springwater, drained (see Cook's Tip, below)**
- **30g rocket leaves**

1 Cook the fusilli in a saucepan of boiling water following pack instructions. Drain and leave to cool. Toss the pasta with the beetroot, avocado, cucumber, dill, yoghurt and horseradish. Season generously with black pepper.

2 Gently mix salmon and rocket through pasta; then tip into your lunchbox or an airtight container.

PER SERVE 1380kJ, **protein** 22g, **total fat** 13g (sat. fat 3g), **carbs** 26g, **fibre** 8g, **sodium** 255 • **Carb exchanges** 2 • **GI estimate** low • **Gluten-free option** • **Lower carb**

COOK'S TIP

You can replace the canned salmon with leftover poached or steamed salmon. ➤

CURRIED MANGO & CHICKPEA SALAD

GFO

START TO FINISH 15 MINS
SERVES 1 (AS A LIGHT MEAL)

- **½ x 420g can no-added-salt chickpeas, drained and rinsed**
- **2 Tbsp fat-free Greek-style natural yoghurt**
- **Juice of ½ lemon**
- **1 Tbsp korma curry paste or gluten-free curry paste**
- **½ carrot, coarsely grated**
- **70g red cabbage, shredded**
- **50g baby spinach leaves, shredded**
- **40g mango flesh, finely diced**
- **½ tsp nigella or black sesame seeds**
- **½ small red chilli, thinly sliced (deseeded if you want less heat)**

1 Combine the chickpeas, yoghurt, lemon and korma paste in a bowl. Add the carrot, cabbage, spinach and mango. Toss to combine.

2 Tip salad into your lunchbox or an airtight container and scatter with the nigella or sesame seeds and red chilli.

PER SERVE 1360kJ, **protein** 15g, **total fat** 9g (sat. fat 3g), **carbs** 34g, **fibre** 16g, **sodium** 4m **Carb exchanges** 1 **GI estimate** low
Gluten-free option

COOK'S TIP

If making the night ahead, pack the dressing in a separate container to the salad mixture. Drizzle over dressing before serving and toss.

MISO BROCCOLI, EGG & QUINOA SALAD

GFO

PREP 5 MINS **COOK** 15 MINS
SERVES 1 (AS A LIGHT MEAL)

- **100g broccolini, trimmed, cut into 4cm lengths**
- **60g egg**
- **1½ tsp white miso paste or gluten-free miso paste**
- **Juice of 1 lime**
- **100g cooked quinoa**
- **70g frozen peas, defrosted**
- **3 radishes, thinly sliced into rounds**
- **2 tsp sesame seeds**

1 Bring a small saucepan of water to the boil. Add the broccolini and cook for 2 minutes. Use a slotted spoon to transfer to a bowl. Lower egg into water and gently simmer for 6 minutes. Drain and set aside in bowl of cold water to cool.

2 Whisk miso and lime juice in a bowl. Toss with quinoa, peas, radishes and broccolini. Tip salad into lunchbox or airtight container.

3 Peel the egg, slice in half and arrange on top of the quinoa. Sprinkle with the sesame seeds.

PER SERVE 1380kJ, **protein** 22g, **total fat** 11g (sat. fat 2g), **carbs** 27g, **fibre** 12g, **sodium** 421m **Carb exchanges** 1 **GI estimate** low
Gluten-free option

ROCKET, CHICKEN & DATE SALAD

GF

PREP 10 MINS **COOK** 10 MINS
(+ 20 MINS STANDING)
SERVES 2 (AS A LIGHT MEAL)

- **200g skinless chicken breast fillets, trimmed of fat (see Cook's Tips, below)**
- **750ml (3 cups) water**
- **1 orange**
- **1½ Tbsp fresh lemon juice**
- **3 tsp thyme leaves**
- **1 tsp extra virgin olive oil**
- **Freshly ground black pepper**
- **½ medium pomegranate or 25g dried cranberries**
- **70g baby rocket leaves**
- **2 (40g) fresh dates, seeded, cut into thin wedges**
- **8 dry roasted natural almonds, coarsely chopped**

1 Place the chicken and water in a small saucepan. Bring to the boil over high heat. Reduce heat to low and simmer for 10 minutes. Remove the pan from the heat and set the chicken aside in the poaching liquid for 20 minutes.

2 Meanwhile, using a zester, zest the rind from half the orange in long strips. Peel the orange and use a small sharp knife to remove the orange segments over a bowl to catch any juices. Reserve 1½ Tbsp of the juices.

3 To make dressing, combine the reserved orange juice, zest, thyme and oil in a small jug. Season.

4 Remove the seeds from the pomegranate and set aside. Remove chicken from poaching liquid and coarsely shred.

5 Arrange the rocket leaves on a large serving platter. Drizzle with a little dressing. Top with the chicken, orange segments, dates, pomegranate seeds, or dried cranberries, and nuts. Drizzle with remaining dressing and serve.

PER SERVE 1300kJ, **protein** 27g, **total fat** 7g (sat. fat 1g), **carbs** 30g, **fibre** 10g, **sodium** 77mg **Carb exchanges** 2 **GI estimate** low
Gluten free

COOK'S TIPS

- ■ No zester? Use a peeler to cut the strips of orange rind, then cut the rind into thin strips.
- ■ The chicken can be cooked a day ahead. Cover and keep in the fridge. ■

RECIPES & PHOTOGRAPHY IMMEDIATE MEDIA; ADDITIONAL INFORMATION ALISON ROBERTS, SHANNON LAVERY (DIETITIAN); ADDITIONAL PHOTOGRAPHY LOUISE LISTER, GETTY IMAGES; STYLING ANNETTE FORREST; PHOTOCHEF REBECCA LYALL

Rocket, chicken & date salad
see recipe, opposite >>

Guacamole

This issue's classic recipe to master is the spicy Mexican avocado dip

GUACAMOLE

GFO LC

START TO FINISH 15 MINS
SERVES 8 (AS A SNACK)

¼ red onion, finely chopped
½ clove garlic, crushed
1-2 jalapeño chillies (depending on how hot you like it), finely chopped
Juice of 2 limes
2 small tomatoes, finely chopped
3 ripe avocados, cut into large chunks
Handful coriander leaves, finely chopped
100g unsalted plain corn chips or gluten-free corn chips, to serve (see Health Tip, below)

1 Combine the onion, garlic, chilli and lime juice in a large bowl.

2 Add the tomatoes, avocado and coriander. Use a fork to gently crush together, leaving enough chunky avocado so there is a bit of texture in the finished quacamole. Serve with corn chips.

PER SERVE 650kJ, **protein** 2g, **total fa**t 11g (sat. fat 3g), **carbs** 8g, **fibre** 7g, **sodium** 6 **Carb exchanges** **GI estimate** low
Gluten-free option
Lower carb

HEALTH TIP

For a healthier serving suggestion, omit the corn chips and serve with a selection of vegie sticks, such as carrot, celery, snow peas and sugar snap peas. ■

MAKE THE MOST OF IT

TEX-MEX JACKETS
Cut open baked potatoes; squish in some guacamole and sprinkle with grated reduced-fat cheddar. Grill until bubbling and golden, then serve dolloped with reduced-fat Greek-style natural yoghurt.

GUAC CANAPÉ CUPS
Use a round cutter to cut small circles out of tortilla wraps. Brush with oil, push into mini muffin tin holes and bake until crisp. Fill with guacamole and serve with drinks.

BREAKFAST TOAST
Spread toasted seeded bread with a generous amount of guacamole then top with soft boiled eggs and chilli sauce.

RECIPE & PHOTOGRAPHY IMMEDIATE MEDIA; ADDITIONAL INFORMATION ALISON ROBERTS, SHANNON LAVERY (DIETITIAN)

Miso chickpeas and avocado on toast
recipe, page 60 >>

3 WAYS WITH chickpeas

Turn everyday ingredients into something special with this pantry staple

How our food works for you
see page 73

MISO CHICKPEAS AND AVOCADO ON TOAST

START TO FINISH 15 MINS
SERVES 2 (AS A BREAKFAST)

420g can no-added-salt chickpeas, drained and rinsed
1 Tbsp white miso paste
1 tsp sesame oil
1 lemon, ½ juiced, ½ cut into wedges
Freshly ground black pepper
1 small avocado
4 x 30g slices soy & linseed bread
1 tsp black or white sesame seeds, to sprinkle
1 green shallot, thinly diagonally sliced

1 Put chickpeas, miso, sesame oil and lemon juice in a bowl. Season with pepper. Use a potato masher to crush everything together until you have a rough paste.

2 Scoop the avocado flesh into a separate bowl. Use a fork to mash until roughly crushed.

3 Fold the avocado through the chickpeas, then spread over the bread. Sprinkle with the sesame seeds and shallots. Serve the lemon wedges on the side to squeeze over.

PER SERVE 1985kJ, **protein** 18g, **total fat** 23g (sat. fat 4g), **carbs** 40g, **fibre** 15g, **sodium** 657mg • **Carb exchanges** 2 ½ • **GI estimate** low

CHICKPEA FRITTERS WITH YOGHURT, GREEN CHILLI AND CUCUMBER SALAD

GFO

PREP 15 MINS **COOK** 20 MINS
SERVES 4 (AS A BREAKFAST)

420g can no-added-salt chickpeas
150g chickpea (besan) flour
1 tsp ground turmeric
1 Tbsp mild curry powder or gluten-free curry powder
2 x 60g eggs
175ml coconut water
3 green shallots, finely sliced
3cm piece ginger
2 Tbsp fresh lime juice
1 tsp rice vinegar
½ tsp caster sugar
2½ Tbsp olive oil
1½ tsp nigella or black sesame seeds
½ Lebanese cucumber, very thinly sliced into rounds
200g reduced-fat Greek-style natural yoghurt
Handful mint leaves, shredded
1-2 green chillies, seeds removed, thinly sliced

1 Use a fork to roughly mash the chickpeas in a bowl.

2 Combine the flour, turmeric and curry powder in a large bowl. Make a well in the centre, then crack in the eggs and whisk together, gradually incorporating more of the flour. Pour in ¼ of the coconut water while whisking, make sure the batter is still lump-free, then whisk in the remaining coconut water in 3 batches. Keep whisking until the batter is perfectly smooth. Stir in the mashed chickpeas and green shallots. Pour into a jug.

3 Finely grate the ginger and squeeze all the juice from the pulp into a bowl, discarding the pulp. Whisk in the lime juice, vinegar, sugar, 2 tsp oil and nigella seeds. Stir through the cucumber slices.

4 Heat 1 Tbsp of the remaining oil in a large non-stick frying pan over medium heat. Add spoonfuls of the batter and cook for 2-3 minutes on each side, flipping after bubbles appear on the surface. When golden, transfer to a tray lined with baking paper and keep warm in a low oven while you cook the rest of the fritters in batches.

5 Serve fritters with the cucumber salad, spoonfuls of the yoghurt, mint and the slices of chilli.

PER SERVE 1770kJ, **protein** 20g, **total fat** 19g (sat. fat 3g), **carbs** 36g, fibre 11g, **sodium** 144mg • **Carb exchanges** 2½ • **GI estimate** low • **Gluten-free option** ➤

Chickpeas are a good source of fibre, protein and low GI carbohydrates.

WARM HUMMUS WITH PINE NUTS, RAISINS & OLIVES

LC

START TO FINISH 25 MINS
SERVES 6 (AS A LIGHT MEAL)

1½ x 420g cans no-added-salt chickpeas, drained (reserving 1 Tbsp of the liquid)
50g tahini
3 Tbsp extra-virgin olive oil
3 cloves garlic, 2 crushed, 1 sliced
1-2 Tbsp fresh lemon juice
Freshly ground black pepper
1½ Tbsp raisins
1½ Tbsp pine nuts
½ tsp cumin seeds
15 pitted Kalamata olives, thickly sliced
1 Tbsp flat-leaf parsley, chopped
3 small (30g each) wholemeal pitas, halved, warmed, to serve

1 Put chickpeas and tahini in a small food processor. Heat 2 Tbsp of the oil in a small non-stick frying pan over medium heat. Add crushed garlic; cook, stirring, for 1-2 minutes or until the garlic is fragrant. Scrape the contents of the pan into the food processor. Add 1 Tbsp of the lemon juice and reserved chickpea liquid. Season with pepper. Blend until really smooth. Taste and add more lemon juice if needed.

2 Put the remaining oil and garlic in the frying pan. Heat gently over low heat until the garlic starts sizzling. Use a slotted spoon to remove and discard the garlic. Add the raisins, pine nuts and cumin seeds to the pan. Cook, stirring, for 5 minutes or until the raisins are softening and the pine nuts are browning. Remove the pan from the heat.

3 Place the hummus in a small saucepan and cook, stirring, over low heat until warmed through. Spread hummus over a plate or place in a bowl. Spoon the raisins and nuts over the top. Sprinkle over the olives and parsley. Eat with warm bread.

PER SERVE 1290kJ, **protein** 8g, **total fat** 21g (sat. fat 3g), **carbs** 19g, **fibre** 6g, **sodium** 204mg • **Carb exchanges** 1 • **GI estimate** medium • **Lower carb** ■

RECIPES & PHOTOGRAPHY IMMEDIATE MEDIA; ADDITIONAL INFORMATION ALISON ROBERTS, SHANNON LAVERY (DIETITIAN)

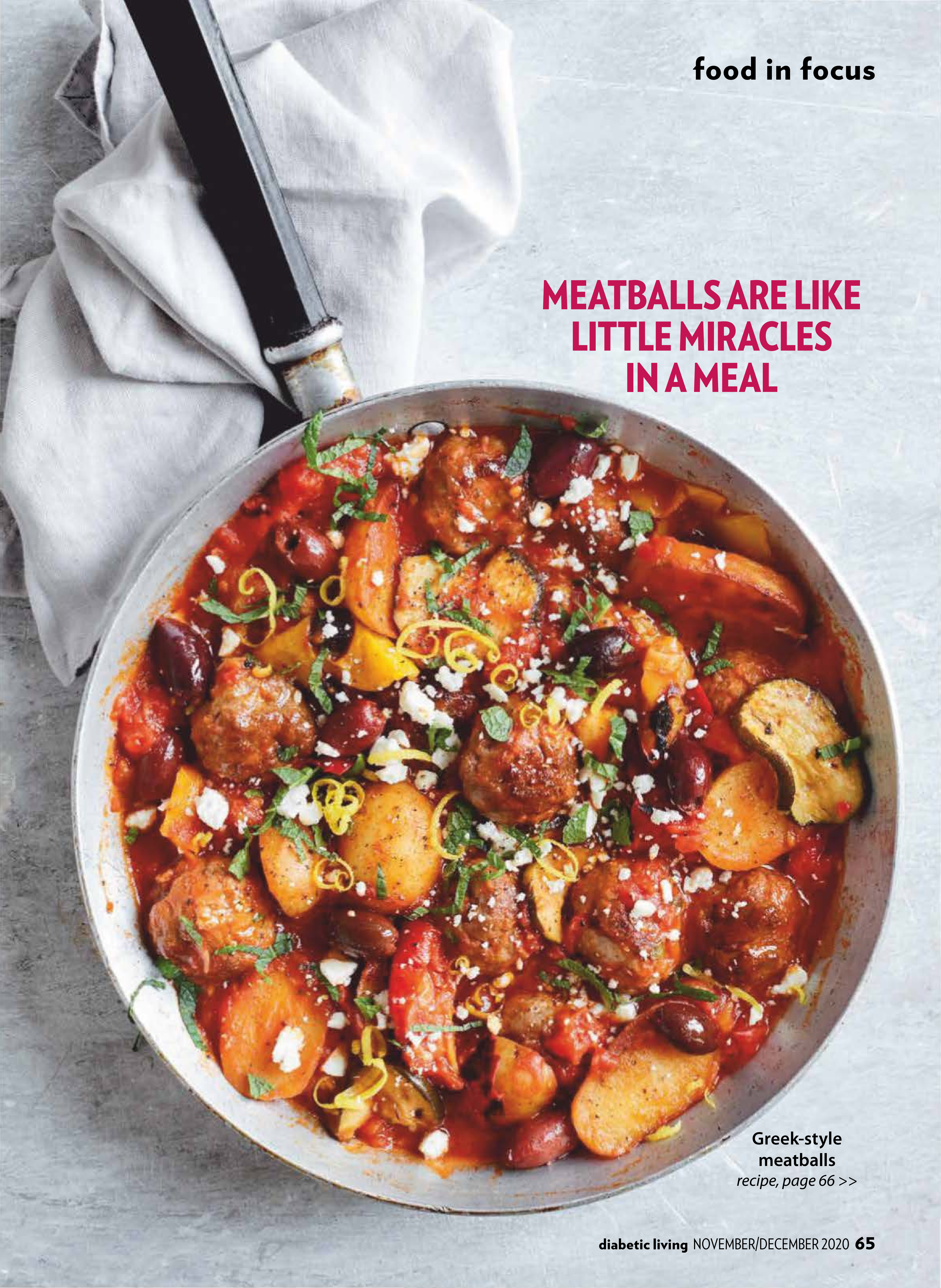
meatballs

Shine a spotlight on these versatile little morsels.
A great way to add fun and flavour to any dish

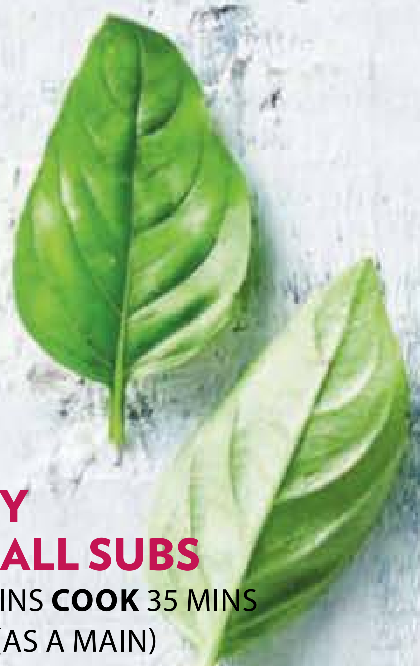
How our food works for you
see page 73

Turkey meatball subs
recipe, page 66 >>

MEATBALLS ARE LIKE LITTLE MIRACLES IN A MEAL



Greek-style meatballs
recipe, page 66 >>



TURKEY MEATBALL SUBS

PREP 15 MINS **COOK** 35 MINS
SERVES 4 (AS A MAIN)

- **400g turkey breast mince**
- **1 brown onion, grated**
- **30g parmesan, finely grated, plus extra 10g to serve**
- **Freshly ground black pepper**
- **2 Tbsp olive oil**
- **2 cloves garlic, sliced**
- **½ tsp dried chilli flakes**
- **1 Tbsp tomato purée**
- **400g can no-added-salt chopped tomatoes**
- **150ml water**
- **Few small basil leaves**
- **4 long (50g each) rolls, halved and toasted**

SALAD

- **200g cherry tomatoes**
- **1 large carrot, grated**
- **1 small avocado, diced**
- **Balsamic vinegar, to drizzle**

1 Combine the mince, onion, the 30g parmesan and pepper in a bowl. Use your hands to mix until well combined. Roll into 16 even-sized balls.

2 Heat 1 Tbsp of the oil in a large non-stick frying pan over medium-high heat. Add the meatballs and cook for 3-4 minutes, turning occasionally, until golden brown. Use a slotted spoon to transfer to a plate.

3 Add the remaining oil to the frying pan. Add the garlic and cook, stirring, for 1 minute. Add the chilli flakes and tomato purée, and cook for a further minute. Add the tomatoes and water to the pan. Simmer for 15 minutes. Use a hand blender to whizz the sauce until smooth. Return the meatballs to the pan and simmer gently for 10 minutes, turning the meatballs over halfway during cooking.

4 Spoon the meatballs over the bases of the 4 rolls, top with the sauce. Add a few basil leaves and grate over the extra parmesan. Place on tops of roll.

5 To make the salad, toss all the ingredients together. Drizzle with a little balsamic vinegar. Serve the rolls with salad.

PER SERVE 2000kJ, **protein** 33g, **total fat** 23g (sat. fat 6g), **carbs** 31g, **fibre** 8g, **sodium** 6 **Carb exchange** **GI estimate** medium

GREEK-STYLE MEATBALLS

GF **LC**

PREP 5 MINS **COOK** 50 MINS
SERVES 4 (AS A MAIN)

- **1½ Tbsp olive oil**
- **4 (300g) Peppercorn Extra Lean Beef Burgers, shaped into meatballs**
- **300g small Baby Spud Lite potatoes, thickly sliced**
- **2 large cloves garlic, crushed**
- **150g chargrilled vegetables, drained if in oil**
- **2 x 400g cans no-added-salt chopped tomatoes**
- **2 tsp brown sugar**
- **50g pitted black olives**
- **Freshly ground black pepper**
- **40g reduced-fat feta, crumbled**
- **½ small bunch mint, finely shredded**
- **Finely grated zest of 1 lemon**

1 Heat 1 Tbsp of the oil in a large non-stick frying pan over medium heat. Add the meatballs and cook, turning occasionally, for 5 minutes or until golden brown. Set aside on a plate.

2 Heat the remaining oil in the same pan and add the potatoes. Cook, stirring often, over medium heat for 5 minutes or until they are starting to turn golden brown.

3 Add garlic to frying pan. Cook, stirring, for 1 minute. Stir in the chargrilled vegies, tomatoes and sugar. Add the olives and season with pepper. Return the meatballs to the pan. Cover and cook over medium-low heat, stirring occasionally, for 30-35 minutes, removing lid halfway during cooking. Once ready, the potatoes should be just cooked through with liquid slightly reduced.

4 Remove the pan from the heat and serve with the feta, mint and lemon zest scattered over.

PER SERVE 1470kJ, **protein** 17g, **total fat** 21g (sat. fat 5g), **carbs** 20g, **fibre** 6g, **sodium** 803mg
Carb exchanges 1½
GI estimate medium
Gluten free **Lower carb**

RECIPES & PHOTOGRAPHY IMMEDIATE MEDIA;
ADDITIONAL INFORMATION ALISON ROBERTS, SHANNON LAVERY (DIETITAN)

ZUCCHINI NOODLES & MEATBALLS

GF **LC**

PREP 15 MINS **COOK** 25 MINS
SERVES 4 (AS A MAIN)

400g lean pork mince
4 cloves garlic, 2 crushed, 2 left whole and unpeeled
Freshly ground black pepper
2 Tbsp olive oil
400g cherry tomatoes
4 large thick zucchini
4 Tbsp Philadelphia Light Cream For Cooking
Zest 1 lemon
50g pine nuts, toasted
Large handful small basil leaves
10g Parmesan shavings, to serve

1 Preheat oven to 180°C (fan-forced). Put the mince and crushed garlic in a bowl. Season with pepper. Use your hands to mix until well combined. Shape into small meatballs, roughly the size of a cherry tomato. Heat 2 tsp of the oil in a large non-stick frying pan over medium-high heat. Add the meatballs and cook for 10-15 minutes or until golden brown and cooked through.

2 Meanwhile, put the tomatoes in a roasting pan with the whole cloves garlic and another 2 tsp oil. Season with pepper and roll around the pan until well coated in the oil. Roast for 15 minutes.

3 While the meatballs and tomatoes are cooking, use a spiralizer or a julienne peeler to create zucchini noodles.

4 Once the meatballs are cooked, tip into the roasting pan with the tomatoes. Remove the garlic and set aside. Cover the pan with foil to keep warm.

5 Wash the frying pan. Heat the remaining oil in the pan over medium heat. Squeeze the garlic cloves from their skins into the pan and use a fork to mash. When sizzling, add the cream for cooking, lemon zest and season with pepper. Add the zucchini and toss in the pan for 30 seconds or until warmed through (any longer and the zucchini will wilt).

6 Remove the pan from the heat and add the meatballs, tomatoes and any juices from the pan. Toss together and scatter with the pine nuts, basil and Parmesan.

PER SERVE 1680kJ, **protein** 29g, **total fat** 26g (sat. fat 6g), **carbs** 11g, **fibre** 7g, **sodium** 045 **Carb exchanges** **GI estimate** low

Gluten free **Lower carb** ■

START THE DAY **THE RIGHT WAY**

How our food works for you

see page 73

Whether you're planning brekkie for two or you need a quick and easy meal for the morning, we've got a dish for you

ROASTED MUSHROOM BAKED EGGS

GFO LC

PREP 5 MINS **COOK** 20 MINS
SERVES 2 (AS A BREAKFAST)

2 large (300g) portobello or flat mushrooms, stalks removed
1 clove garlic, crushed
4 small thyme sprigs
Freshly ground black pepper
2 x 60g eggs
2 egg tomatoes, quartered
30g rocket leaves
2 x 45g slices rye bread or gluten-free bread, toasted

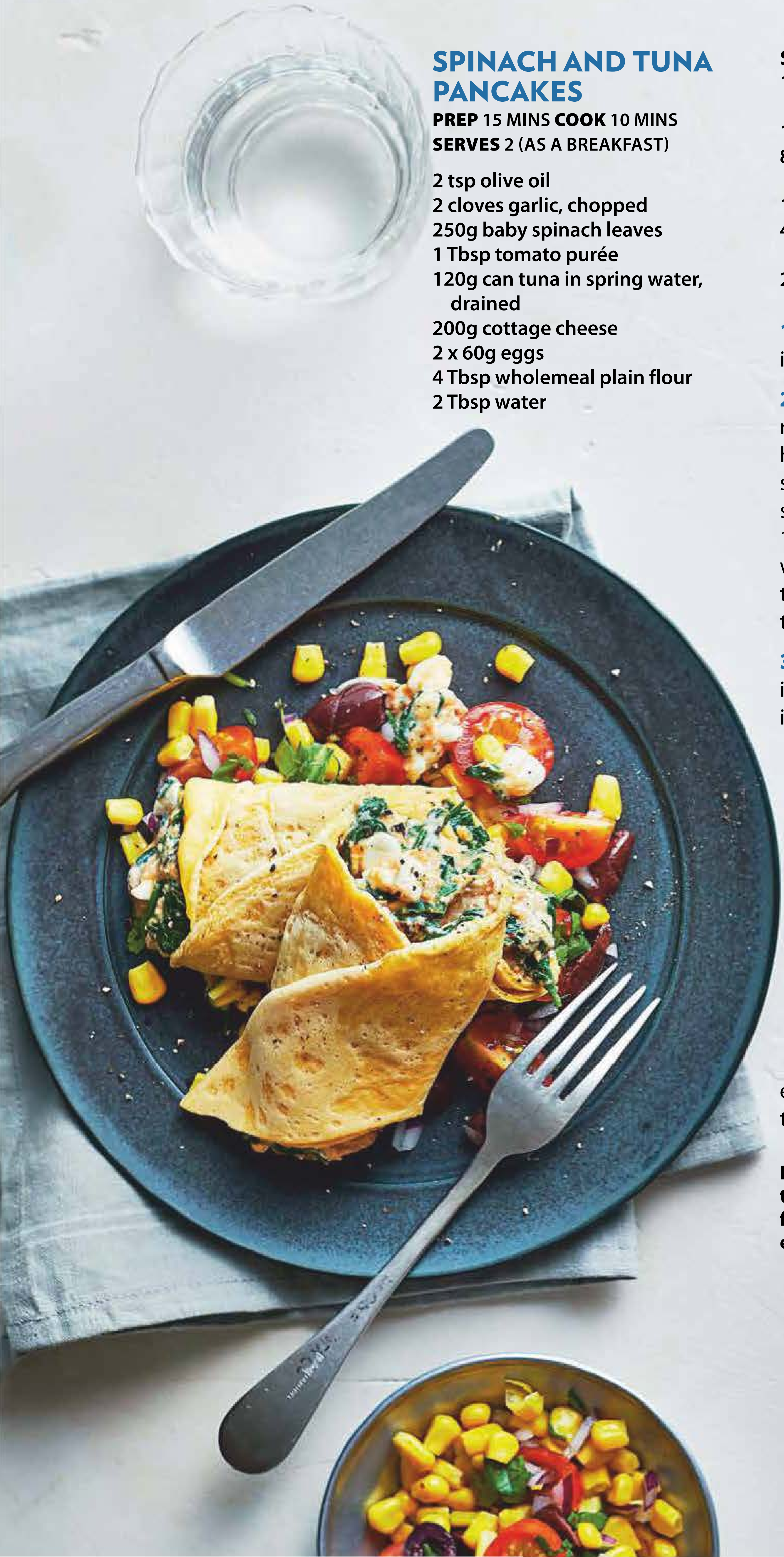
1 Preheat oven to 200°C (fan-forced). Line an oven tray with baking paper.

2 Place the mushrooms, top-side down, on the lined tray. Brush a little of the garlic over each mushroom. Top with thyme and lightly spray with cooking spray. Season with pepper. Bake for 10 minutes.

3 Crack an egg into the middle of each mushroom. Arrange the tomato next to mushrooms. Bake for a further 10 minutes or until the egg whites are set.

4 Serve mushrooms with tomato and rocket, and accompany each serve with a slice of toast.

PER SERVE 1020kJ, **protein** 17g, **total fat** 7g (sat. fat 2g), **carbs** 23g, **fibre** 8g, **sodium** 357mg • **Carb exchanges** 1½ • **GI estimate** low • **Gluten-free option** • **Lower carb** ➤



SPINACH AND TUNA PANCAKES

PREP 15 MINS **COOK** 10 MINS
SERVES 2 (AS A BREAKFAST)

2 tsp olive oil
2 cloves garlic, chopped
250g baby spinach leaves
1 Tbsp tomato purée
120g can tuna in spring water, drained
200g cottage cheese
2 x 60g eggs
4 Tbsp wholemeal plain flour
2 Tbsp water

SALAD

125g can no-added-salt corn kernels, drained and rinsed
1 small red onion, finely chopped
85g cherry tomatoes, halved or quartered
10 basil leaves, chopped
4 pitted Kalamata olives, roughly chopped
2 tsp balsamic vinegar

1 For the salad, combine all the ingredients in a bowl; set aside.

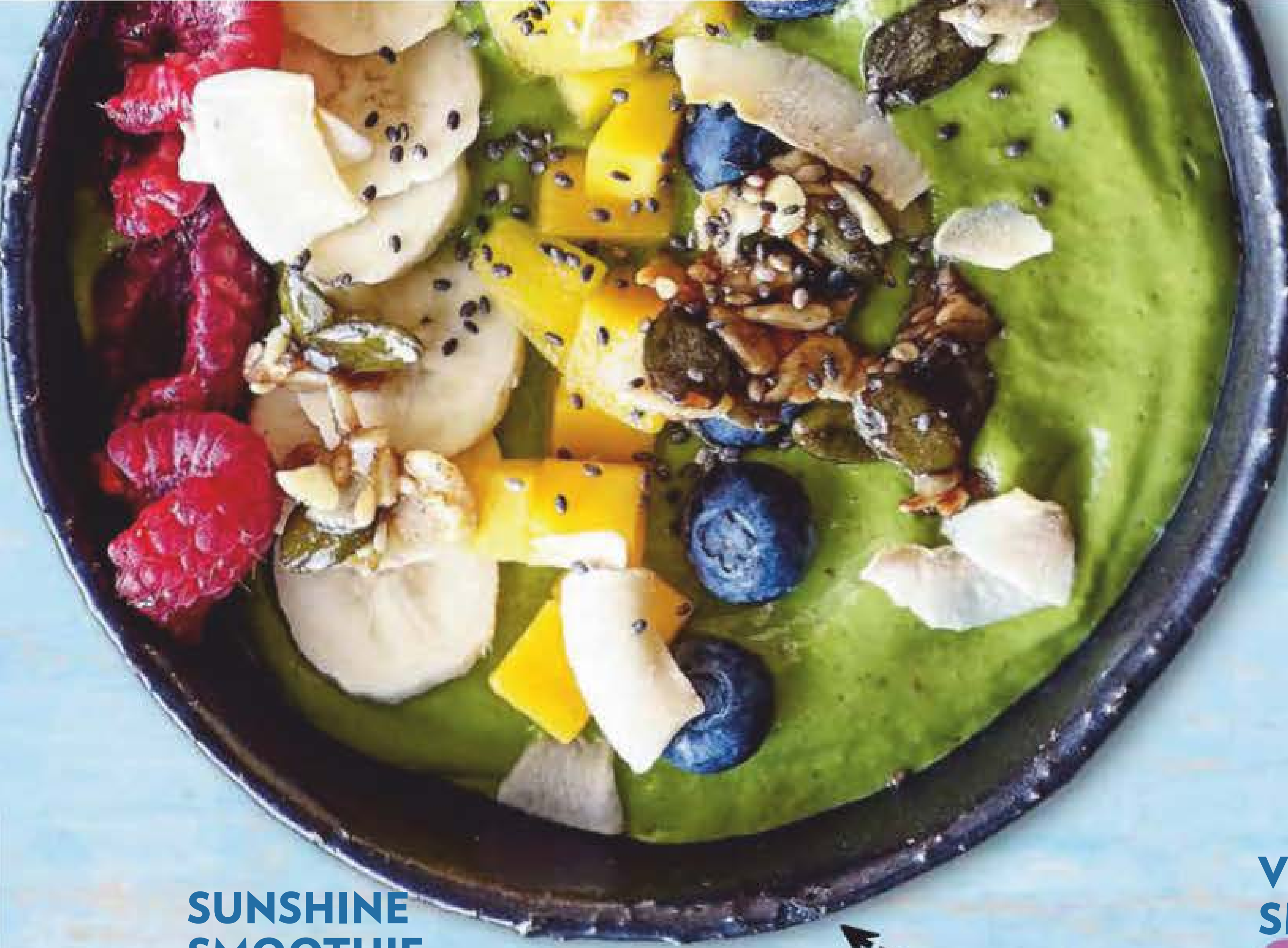
2 Heat 1 tsp of the oil in a large non-stick frying pan over medium heat. Add the garlic and cook, stirring, for 1 minute. Add the spinach and cook, tossing, for 1-2 minutes or until the spinach wilts. Stir in the tomato puree, tuna and cottage cheese. Remove the pan from the heat.

3 Whisk the eggs, flour and water in a bowl. Heat the remaining oil in a medium non-stick frying pan over medium heat. Add half the batter to the pan and swirl round the pan to coat the base. Cook for 2 minutes or until set, flip over with a palette knife to cook on the other side for 1 minute. Remove from pan and repeat with remaining batter to make a second pancake.

4 Put one pancake on each serving plate. Spoon the filling down one side and roll up. Cut each pancake in half. Serve with the salad.

PER SERVE 1970kJ, **protein** 42g, **total fat** 16g (sat. fat 4g), **carbs** 31g, **fibre** 10g, **sodium** 676mg • **Carb exchanges** 2 • **GI estimate** medium

PHOTOGRAPHY LOUISE LISTER; STYLING ANNETTE FORREST; PHOTOCHEF REBECCA TRUDA; ADDITIONAL RECIPES & PHOTOGRAPHY IMMEDIATE MEDIA; ADDITIONAL INFORMATION ALISON ROBERTS, SHANNON LAVERY (DIETITIAN)



SUNSHINE SMOOTHIE

GF

START TO FINISH 5 MINS
SERVES 3 (AS A BREAKFAST)

Put 500ml (2 cups) **carrot juice**, 200g chopped **pineapple**, 2 chopped **bananas**, 1 small piece grated **ginger**, 20g **cashew nuts** and juice of 1 **lime** into a blender. Blend until smooth, then divide between three chilled glasses.

PER SERVE 792kJ, **protein** 4g, **total fat** 4g (sat. fat 1g), **carbs** 29g, **fibre** 11g, **sodium** **Carb exchanges** **GI estimate** low
Gluten free

BREAKFAST SUPER SHAKE

GF

START TO FINISH 5 MINS
SERVES 1 (AS A BREAKFAST)

Put 100ml **skim milk**, 2 Tbsp **natural yoghurt**, 1 chopped **banana**, 50g **blueberries**, 1 Tbsp **chia seeds**, ½ tsp **ground cinnamon**, 1 Tbsp **goji berries**, 1 tsp **mixed seeds** and 1 tsp **honey** in a blender. Blend until smooth.

PER SERVE 1330kJ, **protein** 13g, **total fat** 7g (sat. fat 1g), **carbs** 46g, **fibre** 11g, **sodium** **Carb exchanges** **GI estimate** low
Gluten free

GREEN GODDESS SMOOTHIE BOWL

START TO FINISH 10 MINS
(+ 2 HOURS FREEZING)
SERVES 2 (AS A BREAKFAST)

Slice 2 small **bananas**, then spread out on a lined tray and freeze until solid (at least 2 hours). Blend together the frozen banana, 1 chopped small **avocado**, 1 small chopped **mango**, 100g **baby spinach leaves**, 250ml (1 cup) **skim milk**, 1 Tbsp **nut spread** and 1 Tbsp **honey** until smooth. Divide between two bowls and top each bowl with 1-2 Tbsp **nutty granola**, a handful mixed chopped **fruit** and ½ tsp each of **coconut flakes**.

PER SERVE 2030kJ, **protein** 14g, **total fat** 20g (sat. fat 4g), **carbs** 59g, **fibre** 9g, **sodium** 142mg • **Carb exchanges** 4 • **GI estimate** low

VEGAN CHERRY SMOOTHIE

LC

START TO FINISH 5 MINS
SERVES 2 (AS A BREAKFAST)

Put 100ml **cherry juice**, 200ml chilled **unsweetened soy milk**, 125g **soy yoghurt**, 50g firm **silken tofu**, 75g **frozen or fresh pitted cherries**, 2 Tbsp **rolled oats** and 1 Tbsp **chia seeds** in a blender. Blend until smooth. Serve.

PER SERVE 913kJ, **protein** 11g, **total fat** 8g (sat. fat 1g), **carbs** 22g, **fibre** 6g, **sodium** **Carb exchanges** 1½ **GI estimate** low
Lower carb

PEACH MELBA SMOOTHIE

GF

START TO FINISH 5 MINS
SERVES 2 (AS A BREAKFAST)

Drain and rinse a 410g can **peach halves in natural juices**. Place in a blender with 100g **frozen raspberries**, 100ml **fresh orange juice** and 150ml **custard**. Blend until smooth. Pour into a glass with **ice** and top with extra raspberries, if you like.

PER SERVE 724kJ, **protein** 5g, **total fat** 1g (sat. fat 1g), **carbs** 30g, **fibre** 8g, **sodium** **Carb exchanges** **GI estimate** low
Gluten free ■

Make the most of fresh asparagus and try this light, low-fat vegie lasagne with a twist

VEGETABLE LASAGNE

ASPARAGUS & BROAD BEAN LASAGNE

GFO

PREP 35 MINS **COOK** 1 HOUR 10 MINS
SERVES 4 (AS A MAIN)

225ml skim milk
320g frozen shelled broad beans
3 cloves garlic, chopped
Small bunch basil, roughly chopped
Finely grated zest of ½ lemon
4 green shallots, chopped
1 tsp salt-reduced vegetable stock powder or gluten-free stock powder
6 San Remo wholemeal lasagne sheets or gluten-free lasagne sheets
320g frozen peas
600g cottage cheese
60g egg
Pinch ground nutmeg
250g asparagus, woody ends trimmed
25g parmesan, finely grated

1 Preheat oven to 160°C (fan-forced). Heat the milk in a small saucepan over medium heat until just boiling. Add the beans (and a splash of water if you need to so the beans are covered). Cook for 3 minutes or until defrosted. Add the garlic, basil, lemon zest, green shallots and stock powder. Use a hand held blender to blitz until smooth.

2 Spoon half the purée into a 20 x 26cm ovenproof dish. Top with 3 lasagne sheets, the remaining purée, then the peas followed by the remaining lasagne sheets.

3 Whisk cottage cheese with egg and a good pinch of nutmeg. Pour over lasagne; press in asparagus and scatter over parmesan. Bake for 1 hour or until golden and a knife easily slides through. Serve.

PER SERVE 2040 kJ, **protein** 43g, **total fat** 9g (sat. fat 4g), **carbs** 47g, **fibre** 17g, **sodium** m • **Carb exchanges** • **GI estimate** low • **Gluten-free option**

COOK'S TIP

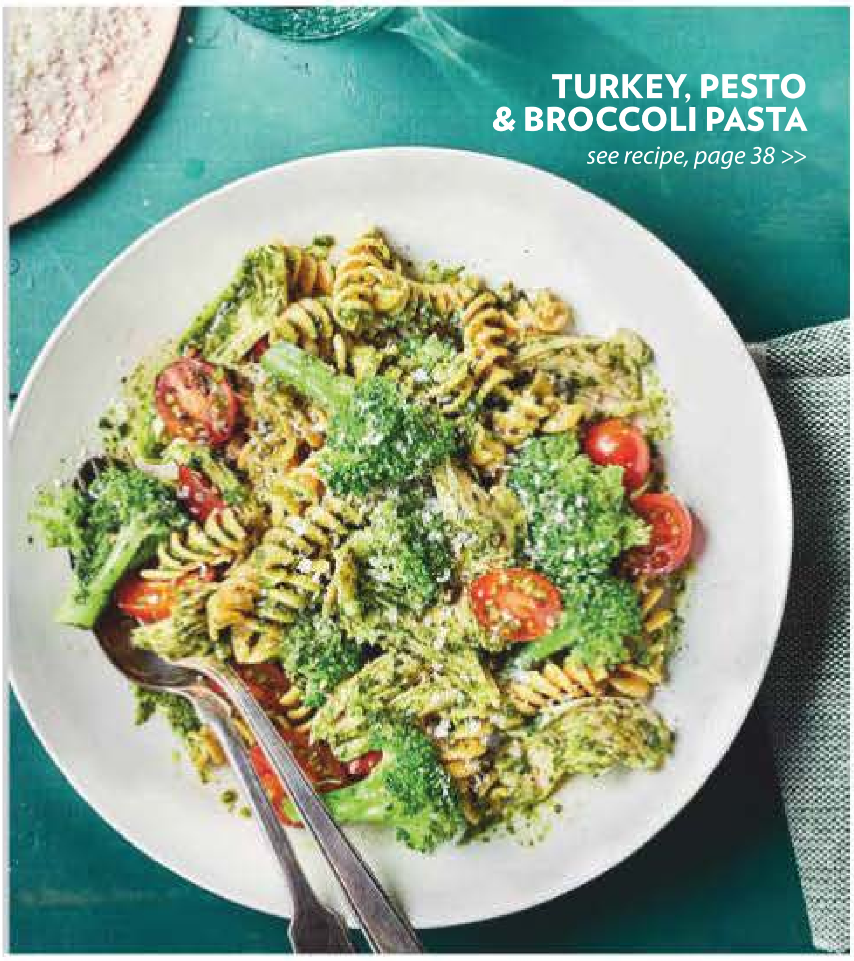
Cover with plastic wrap and keep in the fridge for up to 2 days. Alternatively, cut cooled lasagne into portions. Wrap individually in plastic wrap. Place in a resealable freezer bag. Label, date and freeze for up to 3 months. ■

RECIPE & PHOTOGRAPHY IMMEDIATE MEDIA;
ADDITIONAL INFORMATION ALISON ROBERTS, SHANNON LAVERY (DIETITIAN)

Our food explained

Every recipe in *Diabetic Living* is carefully created to help you enjoy a healthy, balanced diet

Our Nutrition Info boxes sit alongside each recipe. Use them to track your nutritional requirements, as well as count carbs, carb exchanges and find out whether a recipe is low-, medium- or high-GI, or gluten-free. Easy!



TURKEY, PESTO & BROCCOLI PASTA

see recipe, page 38 >>

NUTRITION INFO

PER SERVE 1980kJ, **protein** 29g, **total fat** 26g (sat. fat 6g), **carbs** 26g, **fibre** 7g, **sodium** 331mg

Carb exchanges 1½ **GI estimate** low

Gluten-free option **Lower carb**

Serves 2 (as a main)
We show you whether a food is designed to be a between-meals snack, breakfast, lunch (a lighter main) or dinner (the main meal of the day). When we say, “as an occasional dish”, it should only be eaten as a treat, such as once a fortnight.

Brand names
We often use product names to make it easier to find nutritionally suitable brands when shopping.

Sugar or sugar substitute
In some dishes, you can use either sugar or a sugar substitute. In these cases, we give you the nutrition analysis for both.

Granulated sugar substitute
Most sugar substitutes on the market measure spoon for spoon, rather than weight. For example, if the recipe uses 220g (1 cup) of sugar, you would replace this with 1 cup of granulated sugar substitute.

Optional ingredients
Whenever we list an ingredient as optional, it isn’t included in the nutrition analysis and it’s up to you if you want to use it.

Choice of ingredients
When we give you the choice of two different ingredients, we analyse only the first one.

Carb exchanges
Using exchanges makes counting carbs easier: one exchange = 15g of carbs. Aim for 1-2 exchanges in every snack and 1-4 exchanges in each meal. ■

PHOTOGRAPHY GREG DUPREE; STYLING CHELSEA ZIMMER, HEATHER HILLEGAS

CUT OUT & KEEP

YOUR DAILY ALLOWANCE GUIDE

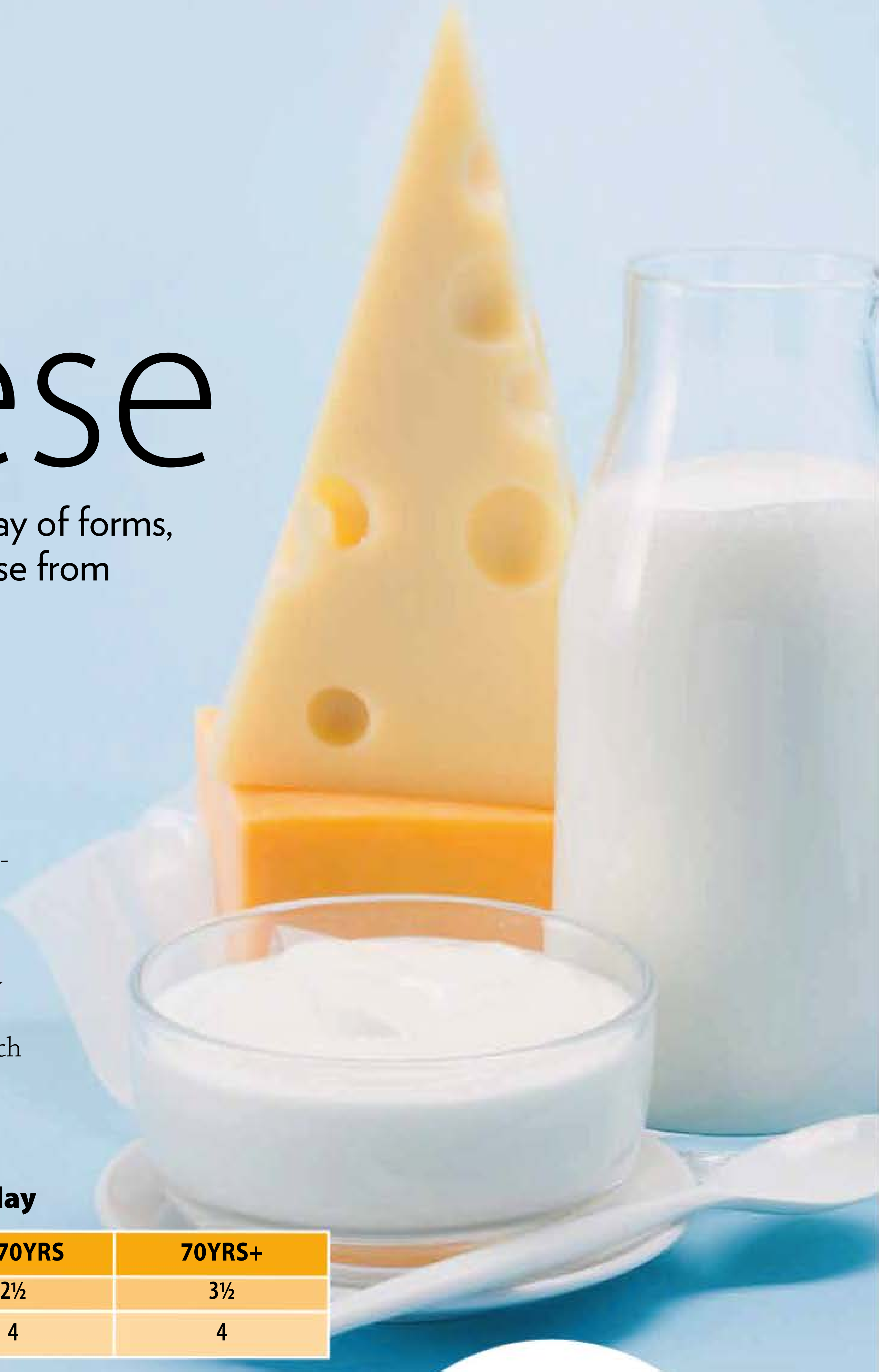
With this guide, you can create the perfect eating plan for your needs

To maintain your weight*	To lose weight*
Kilojoules 8700kJ	**Kilojoules** 6000kJ
Protein 80g	**Protein** 65g
Total fat 70g	**Total fat** 45g
Saturated fat 24g	**Saturated fat** 15g
Carbs 270g	**Carbs** 180g
Fibre 30g	**Fibre** 30g
Sodium Less than 2000mg	**Sodium** Less than 2000mg

** These figures are a guide only. To find out your individual nutritional needs, please see your dietitian.*

Cheese

A global favourite with an array of forms, flavours and textures to choose from



We say 'yes, please!' to cheese, especially as it has so many nutritional benefits, including being a good source of:

- **calcium** to support the growth and maintenance of strong bones; and
- **protein** for muscle growth and repair.

Generally speaking, cheese has little-to-no carbohydrate (unless it has added fruits), so it will not directly affect your blood glucose levels.

Cheese counts towards our daily dairy targets, with one serve being 40g hard cheese or 120g (½cup) of soft cheese such as cottage or ricotta cheese.

Recommended dairy serves per day

	19-50YRS	51-70YRS	70YRS+
Men	2½	2½	3½
Women	2½	4	4

However, some types of cheese can be high in total fat and saturated fat which can make weight management difficult and may lead to poor heart health. Furthermore, hard cheeses can also tend to be high in sodium which may contribute to high blood pressure.

Strong flavoured cheeses, such as parmesan, pecorino and reduced-fat feta, can be used occasionally in small quantities to give a punch of flavour to your meals. But take care to keep your portion small as these are high in both fat and sodium.

Keep the triple cream brie and blue vein cheeses for special occasions to share with others, as these can be as high as 45 per cent fat! ■

When choosing your favourite daily cheeses aim to choose those that contain:

Less than 25g total fat per 100g

Less than 700mg sodium per 100g.

TOP PICKS
These cheeses tend to be lower in fat and sodium and most brands will meet our recommended criteria:

- ✓ Quark (regular and light)
- ✓ Ricotta – light (in tub), reduced-fat (deli) & regular
- ✓ Cottage cheese
- ✓ Paneer
- ✓ Goat's cheese
- ✓ Bocconcini

BEGA CHEESE

- **Cheese Stringers – Original & Cheddar**
- **Light Vintage, 25% reduced-fat Light Vintage (block and slices)**
- **Country Light Tasty, 50% less fat (block, grated and slices)**
- **Country Light Tasty 25% Less Fat (slices)**

Available in Coles (excl. Country Light Tasty 25% less fat slices), Woolworths and independents, $5.50 for stringers, from $6 for slices, and from $8 for blocks and grated.

Bega
COUNTRY LIGHT VINTAGE
8 PACK
Bega STRINGERS
tasty CHEDDAR cheese flavour
100% Natural
COUNTRY LIGHT TASTY
50% LESS FAT

coles
cheesey peelers

COLES BRAND

Cheesey Peelers

Available in Coles, $3.90.

PHILADELPHIA
Light
PHILADELPHIA
FRESH CREAMY TASTE

PHILADELPHIA

Spreadable Light Cheese

Available in Woolworths, Coles and independents, $4.70

JARLSBERG
LITE

JARLSBERG

Lite Slices

Available in Woolworths, Coles and independents, $6.95.

Australian Light Tasty Cheese
Australian Light Tasty Shredded Cheese
SWISS STYLE CHEESE SLICES
Light Cream Cheese

WOOLWORTHS BRAND

- **Spreadable Light Cream Cheese**
- **Swiss-Style Light Cheese Slices**
- **Light Tasty Cheese (block, grated and slices)**

Available in Woolworths, $2.75 for cream cheese, $6 for grated, and from $4 for slices and block

COON
Light 'n Tasty
COON Light

COON

Light 'n Tasty cheese (slices and block)

Available from Woolworths (excl. block), Coles and independents, from $6 for slices and $8 for block.

WORDS ALISON ROBERTS, SHANNON LAVERY (DIETITIAN).
ALL PRICES ARE A GUIDE ONLY – CORRECT AT TIME OF PRINTING

Cook, eat, enjoy

Discover our supermarket favourite, learn kitchen hints, try some quick and easy recipes, all from food editor *Alison Roberts*

60 SECOND DESSERT

CHOCOLATE FRAPPE

GF

Put 1 cup **ice cubes**, 100ml **light milk**, 2 Tbsp **Natvia Smooth Choc Zero Added Sugar Sauce** and 1 small **banana** into a blender. Process until combined. Serves 1 (as a dessert)

PER SERVE 587kJ, **protein** 6g, **total fat** 2g (sat. fat 1g), **carbs** 23g, **fibre** 2g, **sodium** 130mg
Carb exchanges 1½
GI estimate low
Gluten free

IN SEASON

Blueberries

Australian blueberries are in season between July and April, with peak season being between August and November this year (it changes every year).

One cup (150g) of fresh blueberries contains 17g carbs (1 exchange), 3g fibre and close to 50 per cent RDI of vitamin C.

When blueberries are plentiful (during high season) and prices are super affordable, why not freeze your own so you have them on hand whenever you want. To do this, simply line a large baking tray with baking paper. Spread out the blueberries so none are touching. Freeze until well frozen. Or, you can simply pat the punnet of blueberries with paper towel to make sure they are nice and dry and stick the whole punnet straight into the freezer.

Delicious used in sweet and savoury dishes from blueberry muffins to a healthy version of blueberry jam. Try throwing a handful of blueberries into your chicken and cucumber salad.

CHEESY LUNCH IDEAS

SALMON AND RICE CUPS

GFO LC

Toss ⅓ cup **SunRice cooked brown rice & quinoa blend** with 1 chopped **Lebanese cucumber**, 95g can **salmon (in springwater)** drained, and 5 halved **cherry tomatoes**. Divide between 2 small **butter lettuce leaves**. Drizzle with a mixture of 2 Tbsp **low-fat natural yoghurt**, 1 Tbsp **fresh lemon juice** and ½ tsp **wholegrain mustard or gluten-free wholegrain mustard**. Top with 5g **parmesan shavings**. Serves 1.

PER SERVE 1280kJ, **protein** 28g, **total fat** 9g (sat. fat 3g), **carbs** 24g, **fibre** 5g, **sodium** 6 **arb exchanges** 5 **GI estimate** **Gluten-free option** **Lower carb**

COTTAGE CHEESE, EGG AND AVOCADO RYVITAS

LC

Spread 3 **Original Ryvitas** with ⅓ small mashed **avocado** and 3 Tbsp **cottage cheese**. Top with 1 sliced **hard-boiled egg** and sprinkled with **freshly ground black pepper** and a handful of **alfalfa sprouts**. Serves 1.

PER SERVE 1330kJ, **protein** 19g, **total fat** 15g (sat. fat 4g), **carbs** 23g, **fibre** 7g, **sodium** 6 **Carb exchanges** 1½ **GI estimate** **Lower carb**

CHEESY SWEET POTATO AND BEANS

GF

Prick one 200g small **orange sweet potato** and wrap in a piece of paper towel. Cook in microwave on high/100% for 4-5 minutes or until soft when pierced with a fork. Cut in half and place on a serving plate. Divide 1 x 125g can drained **four bean mix** between the sweet potato halves. Top each with 30g **reduced-fat grated cheese**. Return to the microwave on high/100% for 15 seconds. Top with 1 small chopped **tomato, green shallots** and **coriander leaves**. Squeeze over a **wedge of lime** and serve. Serves 1.

PER SERVE 1010kJ, **protein** 13g, **total fat** 5g (sat. fat 3g), **carbs** 32g, **fibre** 8g, **sodium** 744 **Carb exchanges** 2 **GI estimate** **Gluten free** ■

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www.hermanbrot.com.au
PROTEIN CRACKERS
PROTEIN CRACKERS
PROTEIN CRACKERS

SUPERMARKET CRUSH

Hermon Brot Low Carb Wrap and Protein Crackers
The Low Carb Wrap is a dark wholegrain wrap and is rich in plant proteins. Each wrap contains only 10.7g carbohydrate (½ exchange) per wrap, 16g protein, 5g fibre and has a low GI of 27. A great alternative to any recipe you would use a regular wrap in.

The Protein Crackers are available in 3 delicious flavours – Cheese, Olive and Mediterranean. A hit for those people looking for a protein snack on the run, or some delicious and nutritious crackers for dips and antipasto platters. These crackers are based on a range of tasty seeds, making them a good source of healthy fats, but are high in kilojoules, so we recommend keeping your snack size to just the one cracker if you can! For an added protein boost, the protein crackers are also delicious broken up and sprinkled over your favourite salad.

Available in IGA, independents, selected health food stores and online (hermanbrot.com.au), $7.49 for wraps and $9.49 for crackers.

> “
> Cooking with love provides food for the soul

WORDS ALISON ROBERTS, SHANNON LAVERY (DIEITIAN); PHOTOGRAPHY GETTY IMAGES.
ALL PRICES ARE A GUIDE ONLY – CORRECT AT TIME OF PRINTING

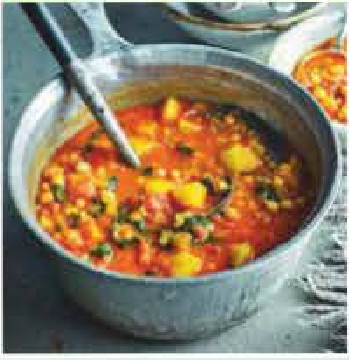
Plan your week,

Wondering what to eat this week? Try these delicious meal ideas

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY
H_2O	Start each day with a glass of water. You should have 6-10 glasses a day,			
Breakfast	Roasted mushroom with baked eggs (page 69)	Breakfast super shake (page 71)	Green goddess smoothie bowl (page 71)	Spinach & tuna pancakes (page 70)
Optional snack	100g diet yoghurt topped with ½ punnet blueberries	2 fresh dates	2 Vitaweats topped with 2 Tbsp cottage cheese & sliced tomato	1 cup fruit salad
Lunch	Turkey & wild rice soup (page 37)	Curried mango & chickpea salad (page 56)	Cheesy sweet potato and beans (page 77)	Waldorf turkey salad (page 36)
Optional snack	1 cup carrot sticks & ½ cup tzatziki	175g diet yoghurt	1 piece of fresh fruit	175g diet yoghurt
Dinner	Asparagus & broad bean lasagne (page 72) ***Pictured above***	Thai green salmon burgers with spicy sweet potato wedges (page 18) ***Pictured above***	Chargrilled chicken ramen (page 18) ***Pictured above***	Greek chicken skewers (page 20) ***Pictured above***
Alcohol	If you choose to drink, stick to 1-2 standard drinks per day. It's also a good idea to			
Optional dessert	Strawberry and orange mille feuille (page 49)	½ cup fruit salad with ½ cup low fat custard	1 cup skim milk with 1 tsp Milo	5 slices canned peaches with 1 scoop Peters no-sugar icecream
Exercise	Aim for 20-60 minutes of moderate exercise each day.			

ADDITIONAL INFORMATION ALISON ROBERTS, SHANNON LAVERY (DIETITAN);
ADDITIONAL PHOTOGRAPHY GETTY IMAGES

it's easy!

THURSDAY	FRIDAY	SATURDAY
		
depending on your exercise levels		
Peach melba smoothie (page 71)	Chickpea fritters with yoghurt, green chilli and cucumber salad (page 60)	Miso chickpeas & avocado on toast (page 60)
30g unsalted nuts	1 apple sliced & spread with ⅓ cup reduce fat ricotta	Small decaf skim latte & 4 dried apricots
Cottage cheese, egg and avocado Ryvitas (page 77)	Salmon and rice cups (page 77)	Beetroot & salmon pasta (page 55)
Wholemeal crumpet with 1tsp 100% fruit jam	1 soy & linseed toast topped with small banana, sliced	1 cup fruit salad
Prawn and coriander salad (page 20) ***Pictured above***	Moroccan vegie soup (page 22) ***Pictured above***	Greek-style meatballs (page 66) ***Pictured above***
have a couple of alcohol-free days a week		
½ cup low fat custard with ½ cup warm berries	1 x 38g Bulla Mini Frozen Yoghurt	Passionfruit mango yoghurt jellies (page 48)
Always discuss your exercise plans with your doctor first		

This menu planner has been created by a dietitian and exercise physiologist for the average person with diabetes. If you have special needs, please consult your own dietitian. Check the product packaging or the nutrition info boxes near our recipes for nutritional analysis.

FRUIT MYTH BUSTERS

MYTH: Fruit is high in sugar and therefore not an appropriate food choice for people living with diabetes.

FACT Fruit contains natural sugars and a wealth of nutrients. Fruit is an appropriate food choice for people living with diabetes. Aim to eat two serves of fruit every day.

MYTH: High glycemic index (GI) fruits, such as watermelon, should be avoided.

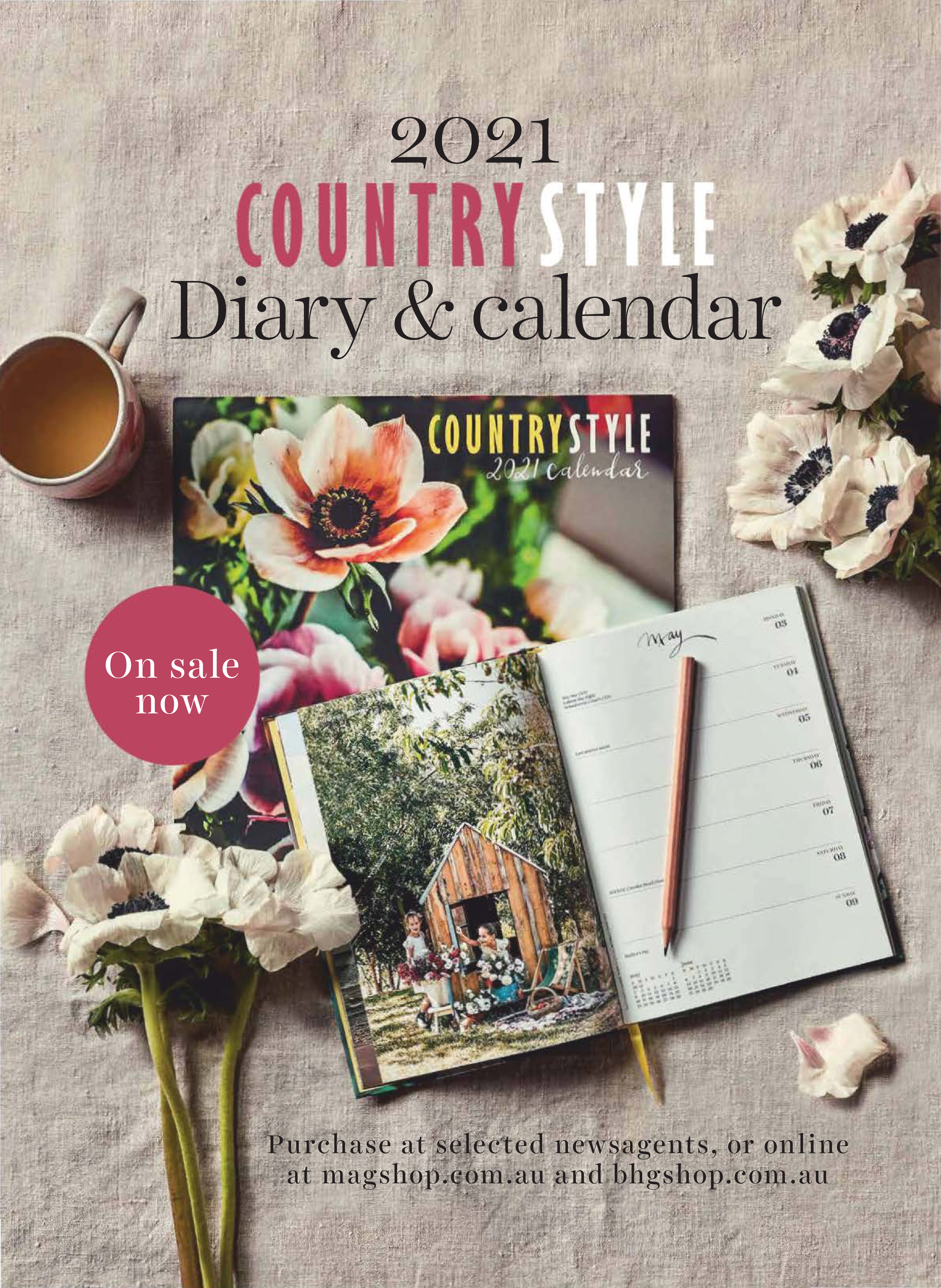
FACT Some fruits, such as watermelon and rock melon, have higher GI ratings, but are still nutritious foods to choose. Try pairing a high GI fruit with a low GI fruit to get a medium GI response. E.g. ½ cup chopped watermelon with ½ cup strawberries or grapes.

MYTH: Organic fruit is more nutritious.

FACT There is no proven difference in the nutritional value between organic and traditionally harvested fruits. Choose fruits that you enjoy!

MYTH: Fresh is best.

FACT Fresh, frozen, canned and dried fruits are all appropriate choices to include as part of a healthy balanced diet. If choosing canned varieties opt for those canned in natural juices and drain off the excess. When choosing dried fruits, choose those without added sugars, and limit your intake to just one serve a day. ■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living well

MOTIVATION ✦ EXPERT ADVICE ✦ INSPIRATION

> ***There shall be eternal summer in the grateful heart***
>
> *– Celia Thaxter, poet and writer*

PHOTOGRAPHY GETTY IMAGES

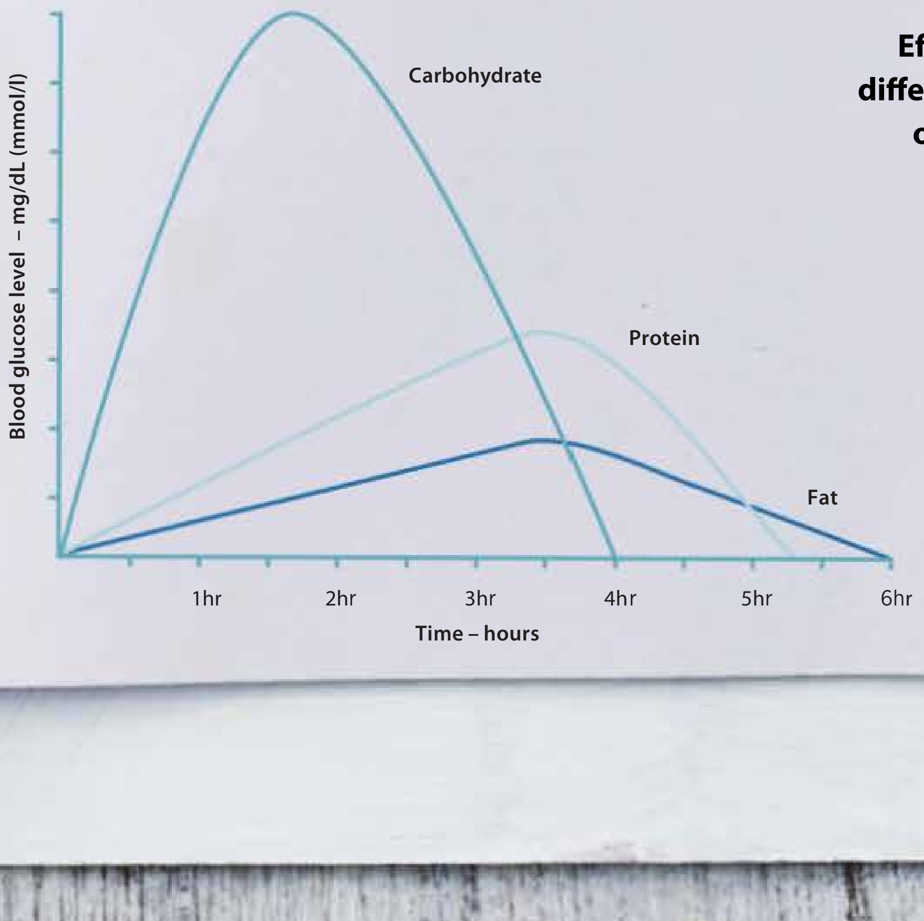
THE LOW-CARB DIABETES SOLUTION

In this extract, we find out how and why *The CSIRO Low-carb Diabetes Diet & Lifestyle Solution* works so well. The diet works because it has been developed using the latest scientific evidence to create an eating pattern that provides an optimal amount and balance of macronutrients for weight and blood glucose control, metabolic health and wellbeing, to maximise the health benefits that can be gained – particularly for people with pre-diabetes or type 2 diabetes. In addition, it also takes into account the individual's need for diet flexibility.

1 IT LIMITS CARBOHYDRATE AND HIGH- CARB FOODS

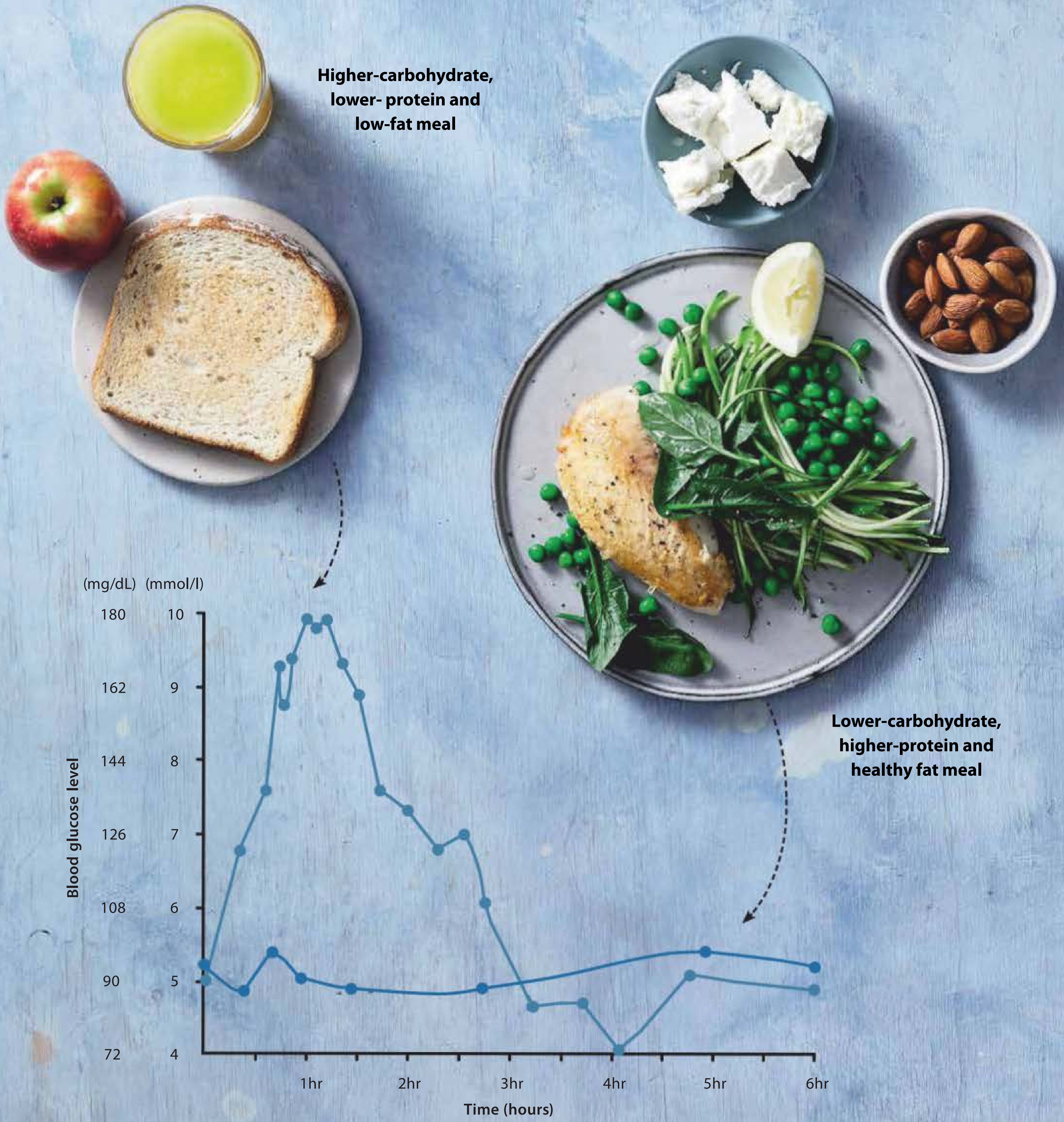
Eating foods with higher amounts of carbohydrate – such as bread, cereals, rice, pasta, potatoes, many fruits, and foods high in sugar – can cause blood glucose levels to rapidly rise, which can increase the risk of type 2 diabetes and heart disease, along with the health consequences associated with these conditions. This is because all carbohydrates are broken down into simple sugars and released into the bloodstream as glucose.

As shown in the diagram below, high-carbohydrate foods such as bread and jam will give rise to higher blood glucose levels over a shorter time period (peak) with an equally fast drop, compared to foods that are relatively higher in dietary protein (lean meat, fish, chicken, tofu) and healthy fats (nuts, avocado and unsaturated oils).



Effects of foods rich in different macronutrients on the blood glucose levels over time.

This is why a meal higher in carbohydrate and lower in fat and protein (such as a white-bread sandwich or toast, apple and a glass of juice) will produce greater blood glucose responses (a rapid spike and fall) compared to a meal with a lower amount of total carbohydrate, and higher levels of protein and fat (such as roast chicken with green vegetables, nuts and cheese), which results in a lower and more stable blood glucose level across the day. ➤



Higher-carbohydrate, lower- protein and low-fat meal

Lower-carbohydrate, higher-protein and healthy fat meal

WHERE DO I FIND CARBOHYDRATES?

Starchy vegetables
Regular and sweet potatoes, corn (fresh or frozen)

Legumes
Lentils, beans and peas

Breads, cereals and grains
such as wheat, oats, pasta and rice

Whole fruit
Fresh and frozen whole fruits and canned fruit in natural juice

Dairy
Milk and yoghurt

Other carbohydrate-containing foods
such as biscuits, cakes, sugary drinks and desserts (including fruit juice, flavoured milk and ice creams), sauces, jam and many other highly processed foods

Also, when it comes to carbohydrate, the higher the total amount of carbohydrate in a food or meal – and the more refined and highly processed that carbohydrate is – the more it will increase blood glucose.

The degree to which a food or meal will increase blood glucose levels is reflected in a measure known as glycaemic load (GL).

There are two factors that determine the level of glycaemic load: a food's **glycaemic index** (GI; in per cent), and the **total amount of carbohydrate** (G; in grams).

The glycaemic index (GI) is a rating for food, based on the degree to which blood glucose will rise after eating. Foods are given a GI score of 1 to 100, based on the total rise in blood glucose after a reference amount is eaten, compared to pure glucose, which is set at 100.

- **Low GI** is up to 55.
- **Medium GI** is greater than 55 to 69.
- **High GI** is 70 and above.

In other words, the higher the GI scoring of a food, the higher and quicker it will raise blood glucose levels.

Based on the glycaemic load equation, it is clear that simply eating carbohydrate foods with a lower GI is a good strategy to help reduce the overall glycaemic load. However, the other part of the equation is the total amount of carbohydrate.

While both the GI rating and the total amount of carbohydrate play a role in determining the glyceamic load of a food and meal, it is clear that focusing on **reducing the total amount (quantity) of carbohydrate** (rather than the GI rating) will have the greatest impact on reducing the glycaemic load and blood glucose response after eating. ➤

GL = **Type (GI%)** x **Quality (G)**

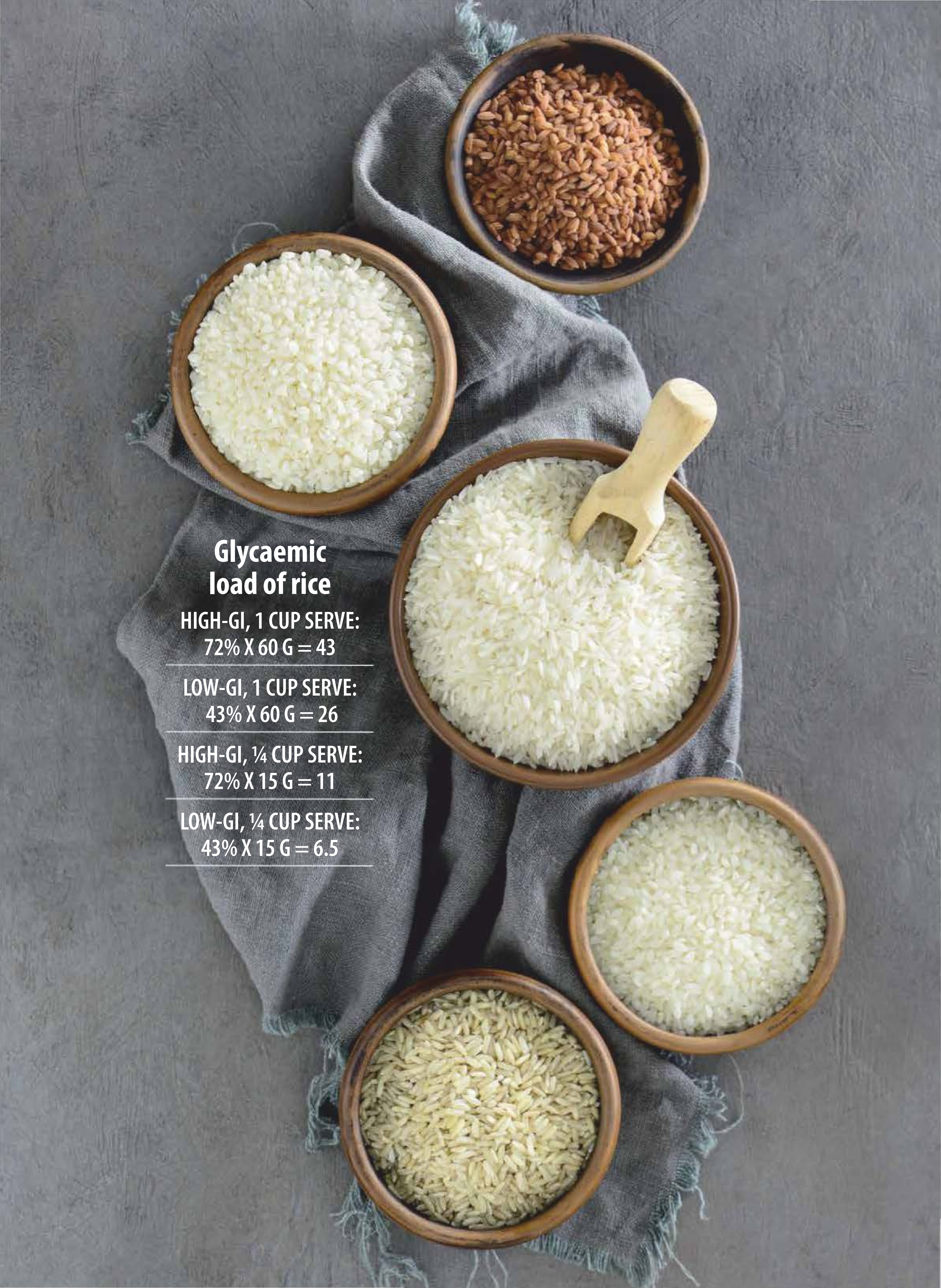
A good example to demonstrate this is presented below. A typical high-carbohydrate food is rice, with 1 cup of cooked rice providing about 60 grams of carbohydrate.

- A high-GI rice with a score of 72 per cent, multiplied by the 60 grams of carbohydrate in 1 cup of rice, equates to a GL score of 43.
- This GL score can be lowered to a score of 26, simply by choosing a rice option with a lower GI – in this case 43 per cent – and keeping the amount of rice in the meal the same.
- However, the GL score can be lowered strikingly (by ~74 per cent) to a score of 11, simply by reducing the total amount of rice to ¼ cup (or 15 grams of carbohydrate), even if the high-GI rice (with a GI score of 72 per cent) is still used.
- This score can be lowered even further by selecting the low-GI rice option. Using ¼ cup of rice with a GI of 43 per cent will give a GL score of about 6.5.

This clearly demonstrates that reducing the amount of high-carbohydrate foods and the total amount of carbohydrate in a meal and the diet will have the largest effect in reducing the glycaemic load and blood glucose response after eating, making it easier to also achieve more stable blood glucose levels throughout the day. This may also mean that you do not need as much medication to control your blood glucose if you have type 2 diabetes.

Research has also consistently shown that reducing the total amount of carbohydrate in the diet also helps reduce blood triglyceride levels – which is why a low-carbohydrate diet can be effective in people with the diabetes risk factor of high blood-triglyceride levels.

Other recently published research further supports the benefit of carbohydrate- restricted diets in people with type 2 diabetes, and the findings shown in our CSIRO trial. A recent meta-analysis – a combined analytical summary of several good-quality clinical trials – showed that compared to a traditional high-carbohydrate, low-fat diet, consuming a diet with low to moderate amounts of carbohydrate had greater effects on improving blood glucose control in people with type 2 diabetes – and indeed that the greater the level of carbohydrate restriction, the greater the improvement in blood glucose control. ➤



Glycaemic load of rice

HIGH-GI, 1 CUP SERVE:
72% X 60 G = 43

LOW-GI, 1 CUP SERVE:
43% X 60 G = 26

HIGH-GI, ¼ CUP SERVE:
72% X 15 G = 11

LOW-GI, ¼ CUP SERVE:
43% X 15 G = 6.5

2 IT INCREASES THE AMOUNT OF ‘HEALTHY’ UNSATURATED FAT

For quite some years we were told that a diet low in fat was the best for all of us. However, a wide body of high-quality research now suggests that a blanket low-fat message may not be the answer, and clearly shows that all fats are not equal – and that it is the fat quality rather than quantity that is most important. In fact, within an energy-controlled eating plan, having a higher amount of unsaturated fats, actually improves heart health and reduces metabolic risk factors. Unsaturated fats, including monounsaturated and polyunsaturated fats, are found in nuts, seeds, oils (olive, canola, sunflower, peanut and sesame), avocados, olives, and oily fish such as salmon and tuna – all of which are included in *The CSIRO Low-carb Diabetes Diet & Lifestyle Solution*.

Research shows that consuming these types of fats:

- improves insulin sensitivity (reduces insulin resistance), producing a lower blood glucose response
- reduces total blood cholesterol, LDL (‘bad’) cholesterol and triglyceride levels
- increases HDL (‘good’) cholesterol levels
- improves the functioning of the blood vessels in the heart.

Having a higher amount of unsaturated fat in meals also helps to further reduce the blood glucose rises of any carbohydrate in the meal. It does this by slowing the process of digestion and the release of carbohydrate from the stomach to the bloodstream.

3 IT KEEPS THE AMOUNT OF ‘UNHEALTHY’ SATURATED FATS LOW

Saturated fats are typically found in foods such as butter, lard (pig fat), tallow (beef fat) and coconut oil, and in high quantities in processed and ‘discretionary’ or ‘junk’ foods like pastries, biscuits, cakes and pies. In an opposing manner to unsaturated fat, saturated fats have been shown to increase LDL (‘bad’) cholesterol levels in the blood, increasing the risk of heart disease. A number of studies have also shown that replacing saturated fat with monounsaturated and polyunsaturated fat can reduce the risk of heart disease. There is growing debate about whether saturated fat in itself is bad for us, and some recent studies have even disputed any association with saturated fat intake and risk of heart disease or type 2 diabetes

However, clinical evidence from randomised controlled studies has shown that high intakes of saturated fat could increase the risk of heart disease and type 2 diabetes by:

- promoting insulin resistance
- elevating LDL (‘bad’) cholesterol, which can harden the walls of the arteries
- impairing blood vessel function, particularly in the heart.

FATS IN FOOD

SATURATED FAT

Meat: chicken skin, processed meats, mince, fatty meat cuts including marbled red meats

Baked goods: cakes, biscuits, sweet and savoury pastries, pies

Takeaway foods: pizza, burgers

Fats: butter, cream, ghee, coconut oil, palm oil

POLYUNSATURATED FAT

Omega-3

Fish: salmon, sardines

Nuts and seeds: flaxseeds

Omega-6

Nuts and seeds: walnuts, pine nuts, pecans, Brazil nuts, sunflower seeds

Oils: sunflower oil, sesame oil

Soy beans

MONOUNSATURATED FAT

Avocados

Nuts and seeds: almonds, cashews, macadamias, hazelnuts, pecans, peanuts

Oils: olive oil, canola oil

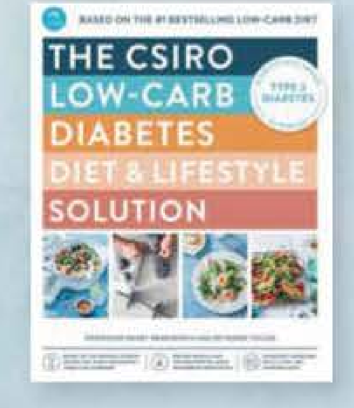
Meats: lean fish and chicken

Olives

ADDITIONAL PHOTOGRAPHY GETTY IMAGES

In view of this uncertainty, it may still be a good idea to limit your intake of saturated fat (with the exception of saturated fat from most dairy foods, which does not appear to increase risk of heart disease), or to replace foods high in saturated fat with small amounts of foods containing unsaturated fats. For this reason, *The CSIRO Low-carb Diabetes Diet & Lifestyle Solution* has been designed to limit the saturated fat content to no more than 10 per cent of total energy intake.

Overall, *The CSIRO Low-carb Diabetes Diet & Lifestyle Solution* takes advantage of the different effects of the fat types, by providing a higher proportion of energy from monounsaturated and polyunsaturated fats to deliver these benefits, while keeping saturated fat intake low. This enables optimal blood glucose control, while also improving heart health. ■



THE CSIRO LOW-CARB DIABETES DIET & LIFESTYLE SOLUTION

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Plan the perfect STAYCATION

Overseas travel is out this year but here are some ways to embrace your own backyard

Blocking off time for a holiday from the daily grind is important for your health and wellbeing. But that doesn't mean you have to jump on a plane or train. Staying home to relax or explore in your hometown can bring the same benefits of holidaying farther away – and its less stressful and cheaper.

"People often think vacations help them decompress, but in many cases, they can cause more stress," says Anna Norton, the CEO of DiabetesSisters, who was diagnosed with type 1 diabetes in 1993. Just think about all those little tasks you do before travelling: putting your mail on hold, stopping the newspaper, lining up a dog sitter, and packing diabetes supplies.

Plus, staycations give you time to focus on your health. "You don't have to worry about obligations that can take over your everyday life, and you can focus on self-care," says Lauren Bongiorno, a health coach in New York City and author of the *Diabetic Health Journal*.

So try that new fitness class, enjoy a massage, or learn how to meditate. If you could have it your way, what would a stay-at-home holiday look like? How would you want to feel by the end? Let these questions and the following ideas guide you in planning a delightful trip to nowhere.

IF YOU'RE CRAVING ADVENTURE

Get outdoors

Nature is good for you both physically and mentally. "Often, people feel depleted and that's when their soul needs reenergising, something Mother Nature does," says business and life coach Evelyn Huynh. Plan to do something outside every day, especially in the type of nature that resonates with you. Sip your morning coffee in your garden, or plan a picnic at a nearby lake or pond. If you love the woods, look for a new nature reserve or park to explore.

Be a hometown tourist

Although Norton lives in the suburbs, she rarely goes into the city. So when she takes staycations with her family, travelling into the city to see the attractions factors high on her list. "Because we normally don't do these things, it feels like a true vacation," says Norton.

Take a day trip

One gift of travel is exploring new cultures and feeling a renewed sense of humanity, especially when you meet new people. "When you make connections, even if fleeting, you remind yourself of all the good in the world and that you can connect with others beyond work or family activities," says Mollie Krengel, the founder of Wild Bum, an online site that offers curated travel guides. Exploring a nearby town can help you be more alert to your surroundings, whether you plan an activity or just explore new sights and sounds. ➤

IF YOU'RE CRAVING QUALITY FAMILY TIME

Hold a campout

Whether it's in your backyard or your carport, set up a tent and go "camping" with your kids or grandkids. You don't have to sleep in the tent – try reading or telling stories. Or host a gathering around a fire pit and ask everybody to bring their favourite campfire dish to share.

Play games

Think outside the board-game box for unique ways to connect with friends and family. Norton, for instance, brings a questions game called Table Topics in the car to get her family asking questions like "What would you take if you were stranded on a desert island?"

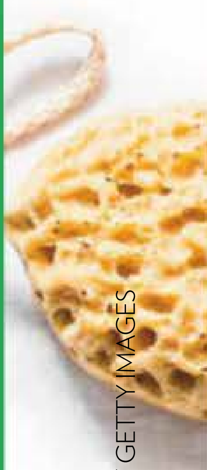
Volunteer

Lending your time to a good cause comes with numerous health benefits, including instilling a sense of purpose and connecting you with others. Use govolunteer.com.au to search for opportunities by location and cause (like animals or homelessness).

CRAVING A DIGITAL DETOX?

Holidays can be a wonderful time to take a break from non-essential technology. Try these strategies to separate from your phone, tablet, computer, or TV.

- Put your devices in a basket or drawer for a set time – or all day!
- Commit to putting your phone away when you are with others.
- Set time limits for social media and email use. Use a physical timer if needed.
- Turn off the Wi-Fi in your home during certain windows of time.
- Create an autoresponse email that lets people know you only check email at specific times.



WORDS KAREN ASP. PHOTOGRAPHY GETTY IMAGES

IF YOU'RE CRAVING A MENTAL ESCAPE

Binge on movies or books

Let yourself escape into somebody else's world, and you may find some mental respite. If you're a movie fan, try planning a day-long movie marathon like Norton and her family do – they have sometimes bought tickets for four movies in a row! Or if you're a bookworm, catch up on your reading list (take your book to a park or garden for a change of scenery). Just make sure your reading material doesn't have anything to do with work or it may not allow the escape you're seeking, Krengel says.

Skip the news

Although the 24/7 news cycle keeps you up-to-date, Krengel says the "news can put you in a state of fear, which is how you then function throughout the day". If you want to stay connected, watch the news or check apps for only a set time each morning, then forget about staying connected the rest of the day.

Indulge in self-care

Book an appointment at a spa or beauty salon or hold a spa day at home. "Give yourself those little treats that you don't normally have time for during the week," says Ginger Vieira, the author of *Dealing with Diabetes Burnout* and an educator and speaker. Or try taking a yoga or meditation class to give your mind a break, suggests Krengel. Even a DIY manicure can be a nice treat.

IF YOU'RE CRAVING CULTURAL IMMERSION

Explore a museum

You don't have to live in a big city to brush up on your local art or history. Look for museums and art galleries on your city's website, and use apps like Yelp to find private galleries and artists' studios. Or try a digital museum tour through Google.

Engage your imagination

Stretching your creative muscles can provide relaxation, says Bongiorno. Find a play, musical, or concert to watch. Check out events at libraries, community centres, universities, and colleges, and consider online options too. For example, SkillShare.com offers photography, writing, art, and language classes.

Take your taste buds on an adventure

Explore a new-to-you cuisine by dining at (or getting takeaway from) a restaurant you haven't tried before. Or look for local food tours or cooking classes. If you're concerned about carbs or ingredients, "Look ahead at the menu and ask questions when you get to the restaurant," says Paloma Kemak, the creator of the diabetes blog Glitter Glucose. ■

WHATEVER CHOICE YOU MAKE TO GET SOME DOWN-TIME, MAKE SURE YOU ADHERE TO YOUR STATE OR TERRITORY'S COVID GUIDELINES.

COPING WITH CRAVINGS

Everyone has food cravings. Here's how to better understand yours – and to satisfy them in ways that support your health

1 STOP AND TAKE NOTE

A craving may feel like an urgent need, but it's actually just a thought – one that you can choose to act on or not. When you notice a craving and label it – "I'm having a thought that I want cake" – it creates a tiny moment of pause between the urge and the action so you can make an informed choice, says Dana Notte, a dietitian who works with people with diabetes who struggle with emotional eating.

2 ASK A COUPLE OF QUESTIONS

Am I hungry? Sometimes it's hard to tell, says Megrette Fletcher, especially for people with diabetes who are often told by others exactly what to eat and when. To help understand this question, reach out and touch the part of your body where you're "sensing" a craving. "If you touch yourself above the shoulders – your mouth or head – rather than below the shoulders, it's probably more of a thought than a physical need for food," says Fletcher.

What do I want ... and what do I need? You may want cake, which is normal. But is that what you need in this moment? To help decipher your desire, close your eyes and hold your hands out as if waiting to receive a gift, suggests Fletcher. Then imagine someone dropping what you need into your hands. "A lot of times, my clients will try this and realise that what they were craving wasn't food at all," says Fletcher. It could be a hug, some time in nature, a tall glass of cold water. "Sometimes the most delicious thing we can give ourselves is time to take a nap," she says.

3 TREAT YOURSELF – WELL

Let's say that you realise you really do want and need exactly what you're craving. That's fine, says Fletcher. Before you eat, check in with yourself. "Shift your question from, 'Can I eat X' to 'How can I fit the food into my life so that it allows me to live my life well?'" she says. Perhaps that means eating it as part of a mixed meal with fibre, protein, and vegetables; going out for a brisk walk afterward; or eating mindfully. Notice the smell, texture, look, and taste of each bite – and pay attention to the moment when it stops tasting as good as it did. That's a sign that you may be satisfied, even if the plate isn't empty. "The point of all this isn't to never eat what you crave," says Notte. "The point is to understand what is driving the craving so we meet our real needs in that moment." ■

WORDS SUNNY SEA GOLD; PHOTOGRAPHY GETTY IMAGES

advertorial

Accredited practising dietitian *Savina Rego* answers your questions about weight loss, including the impact dropping weight quickly can have when you're living with type 2 and the role meal replacement shakes can play

Ask an expert

Q I've read that 'slow and steady' is the best way to lose weight. Is faster better, sometimes?

A Research shows that losing 5-10 per cent of your body weight can make a big difference to diabetes management due to the positive impact it has on insulin sensitivity. For some people, it's smaller changes and gradual weight loss that is easier to maintain long term, but for others quick weight-loss results can increase motivation, which supports long-term change.

Plus, as well as being necessary before certain types of surgery, a 2018 study – published in the prestigious medical journal *The Lancet* – revealed another benefit of losing a significant amount of weight quickly for people living with type 2. Among study participants who followed an intensive weight-loss diet for 12 weeks, 46 per cent of them had achieved and maintained diabetes remission nine months later, thanks to the rapid weight loss they achieved in the first three months.

Q To drop weight quickly, what works better – dieting by changing what I eat or using meal replacement shakes?

A There's no one-size-fits-all approach to weight loss and it really comes down to what works best for you. A combination of approaches can often be used to achieve successful and sustainable weight loss.

Not only were meal replacement shakes used to achieve rapid weight loss in *The Lancet* study, but they can be a really useful addition for weight loss and weight management because they're portion controlled, convenient (as they don't require meal planning), and they're designed to be filling because they usually contain plenty of protein.

Q What are the key things to look for in a meal replacement shake?

A I always recommend choosing a nutritionally complete shake, which provides all the nutrients your body needs regardless of whether you're using it to replace one or two meals a day or as a total meal replacement, otherwise known as a very low calorie diet (VLCD). Next, consider the amount of protein it contains – it's protein helps you to feel fuller for longer – and opt for a high-grade protein such as whey protein, over milk powders. Along with the fibre content, the carbohydrate load is also an important consideration for blood glucose management, and ideally, a shake shouldn't contain any added sugar either.

From my experience, Formulite meal replacement shakes are one of the few products available that meet the criteria. They provide 36g of high-quality protein, 4g of fibre and a low-carbohydrate load of 10g per 55g serve. They're also low in sugar, containing only 3g of naturally occurring sugars per serve, and are loaded with both prebiotics and probiotics to help boost gut health. ■

FORMULITE
Choc Hazelnut
FORMULITE

PHOTOGRAPHY GETTY IMAGES

DENTAL HEALTH AND DIABETES

Taking care of your teeth and gums is a crucial part of your diabetes management plan. Award-winning dental hygienist *Tabitha Acret* explains how you can put your best tooth forward

Poor oral health conditions and diabetes go hand in hand and there is an inextricable and often overlooked link between the two. Individuals who have diabetes are at greater risk of developing tooth decay and gum disease due to high levels of blood pressure and the increased ratio of saliva-glucose. Bacteria feeds and thrives off sugar, so we have to protect those pearly whites in the process. Here are seven things you need to know about dental health. ➤

An increased risk

Managing your blood glucose levels, or not, has a profound effect on not only your overall health but your oral health. For people with poor blood glucose management there is greater potential for bacteria growth, which ultimately increases the risk of infection. One of these infections is known as periodontitis – a chronic inflammatory disease that destroys the supporting structures of the teeth (i.e. your gums and jaw bone).

Through extensive research, diabetes has been confirmed as a key contributor to the development of periodontal (gum) disease, as well as the severity of the condition. There is a two-way relationship between diabetes and periodontal disease; diabetes increases the risk of periodontal disease and periodontal disease can also negatively affect glycaemic control. For people who are already suffering with both, and do not seek treatment for the inflammation, their blood glucose levels will not be well managed. At-home oral care plays a significant role as well, brushing and flossing consistently to ensure cleanliness of the mouth after every meal.

Patients who have both periodontal disease and diabetes are also three times more likely to experience heart disease.

Dry mouth

Besides complications of the gums, dry mouth can also occur as a result of unmanaged blood glucose levels and or the medications used to treat diabetes. Dry mouth can lead to halitosis (bad breath), difficulty with speech and eating, taste disturbance, oral thrush and an increased risk of decay (holes in the teeth). If and when the decay process progresses to cavitation (where the enamel softens and holes are formed), people will experience extreme sensitivity, pain, and discomfort. If early intervention is avoided, more complex surgery is required, again, interfering with the bacteria present and resulting blood glucose levels.

Twice is nice

It's important for everyone to look after their oral health, but more so for people with diabetes. It starts with keeping blood glucose levels within your target, following a healthy and varied diet, and cleaning both your teeth and gums twice a day with fluoride toothpaste. It's just as important to make sure you are targeting those hard to reach places too! Flossing and or purchasing some of those small brushes designed for hard places (where bacteria love to hide) – and using them! – will definitely help. Removing plaque frequently assists in preventing more long-term oral health complications.

Talk to a professional

If you already experience dry mouth it's important to let your dental team know. They can investigate if you are able to stimulate saliva, or not, and what the quantity and quality of your saliva is like. Clinicians and hygienists are also there to offer you risk assessment, while recommending the products required to ensure your dental health journey is a positive one. There are many different products available to stimulate saliva, remove bacteria and combat sugar, all in the form of toothpastes, mouth rinses and dental gum.

Don't ignore the discomfort you may be experiencing, because often times there are simple solutions to your dental health problems, meaning you won't have to have the more serious conversations further down the track.

One of the regulars

Regular appointments with your local dental professional are a must-do for everyone with diabetes, as it's important to have your risk for decay and gum disease assessed frequently. The mouth can change in very short periods of time, which is why a visit every six months is recommended unless there are signs of inflammation or infection, in which case book a visit immediately. Bleeding when brushing or eating is not normal and is a sign that there is inflammation and/or infection present. You should be seeing dental advice at the soonest possible time if bleeding occurs.

Dentists who use AIRFLOW© Dental Spa technology are able to reach between the teeth and gums using high pressure water and cleansing powder, a very gentle non-invasive process that blasts away bacteria. Professional cleans of this calibre will keep your teeth strong, healthy and bright.

PHOTOGRAPHY GETTY IMAGES

Be hypo aware

Hypoglycaemia patients are often advised to treat their condition with increased sugar consumption. This is fine, however, be aware of the added acids entering your mouth, and if possible try to drink water immediately following to flush away any lingering sugar. Furthermore, brushing your teeth within 30-60 minutes following is an even better option for removing bacteria and resetting your palette.

Don't smoke

While smoking is not encouraged for anyone due to its increased risk of cancers and chronic diseases, the complications are greater for people with diabetes. Smoking can make it harder to control insulin dosing, which in turn controls the severity of the disease. Smoking and diabetes combined can further alter the ability to heal if and when you have any wounds, as well as the increased risk of periodontal (gum) disease and the ability to treat/reverse the effects.

This might feel all doom and gloom, however dental health is a serious matter and you need to know what you are up against and what steps you can take to give yourself the best chance of a positive outcome. With a combination of professional assistance, good oral home care, and a healthy balanced lifestyle, you will be rewarded with great dental health. ■

Tabitha Acret is a Clinical Educator and Dental Hygienist at AIRFLOW Dental Spa.

Sneezing SEASON

Wish your seasonal allergies would bite the dust? These strategies can help tame those sniffles

See an allergist

Picking an allergy medication in the pharmacy can feel like throwing darts at a board. Plus, you'll need to make sure that the medication or dose – even if it's over-the-counter – doesn't interact with drugs you're taking for diabetes or other conditions, says Melanie Dispenza, an allergist at Johns Hopkins Medicine in Baltimore. Seeing a qualified allergist, particularly one with experience working with clients with diabetes, is your best bet for identifying exactly what you're allergic to and ensuring safe and effective treatment.

Ask before using steroids

If your doctor recommends starting a steroid to gain control of severe symptoms, check in with your allergist or endocrinologist first. "Extra steroid use may increase blood glucose levels," says Alice Hoyt, an allergist at the Cleveland Clinic. That said, there's conflicting data on how much nasal steroid sprays impact blood glucose, she says. So, your allergist may want to take you on a supervised trial run of the medication before you begin to take it regularly.

Try newer antihistamines

Because antihistamines are so familiar, you may feel more comfortable taking these multiple times a day to manage symptoms. However, "these can make you very groggy to the point where you can fall asleep and miss a meal or a blood [glucose] check," says Hoyt, and both can be dangerous. A better option is a second-generation longer-acting antihistamine like cetirizine (e.g. Zyrtec), fexofenadine (e.g., Telfast) or loratadine (e.g., Claratyne), which are taken just once per day and won't be sedating, she says.

Consider immunotherapy

You may feel overwhelmed by the schedule of meds that goes with managing both diabetes and allergies. Immunotherapy – a regimen of shots given over the course of three to five years – can decrease the need for allergy medications for patients with severe symptoms, says Hoyt. Allergy shots require a big time commitment and, depending on your insurance coverage, can be costly, so talk with your allergist to weigh these factors against the length of your allergy season and the effectiveness of your current treatment strategy.

Stay active

One goal of allergy treatment is to help you to feel well enough so you can stay active and enjoy the outdoors, says Dispenza. That's why it's important to take your allergy medications if your allergist recommends them. If you're allergic to pollen, you can also check pollen counts – this can be done on a weather app on your phone or by checking *pollenforecast.com.au*. When counts are high, consider moving your workout indoors: walk through a shopping centre or try out a class at your local gym or recreation centre. By learning to pivot when you need to, you can participate in the activities you love and enjoy the season, despite your allergies. ■

WORDS JESSICA MIGALA; PHOTOGRAPHY GETTY IMAGES

BOUNCING BACK

When the going gets tough, learning to adapt and find balance can help you rebound stronger than before

Think back to a time when you received your HbA1c results and were disappointed by the numbers. What did you do next? How you respond after a setback – whether you sink into frustration or despair or instead focus on what you've been doing well, even if the numbers aren't cooperating – is surprisingly important for your health. The latter shows resilience (the ability to roll with the ups and downs of life), which has been associated with better self-care, reduced stress, and even improved HbA1c levels.

Resilience isn't about being relentlessly sunny. It's also not a built-in trait, like optimism. This process of bouncing back from difficult experiences is something that anyone can learn. And it can be particularly useful when you're managing a chronic condition. "Dealing with diabetes is emotionally challenging, and it's normal to have times when you feel discouraged or burned out," says Marisa Hilliard, a clinical psychologist and associate professor at Baylor College of Medicine. "Resilience is what happens when you have the confidence to cope with discouragement and not let it derail you."

So how do you build resilience? It starts with taking a moment each day to shift your focus from what's going wrong to what you're doing right, says Hilliard. So, quick: What's one thing you've done for yourself today? Did you go for a short walk? Eat a nutritious breakfast? Take your meds? Give yourself a big pat on the back. See? That wasn't so hard. Here are seven other ways to fortify your ability to rebound from setbacks. ➤

> Using your existing skill set to tackle diabetes challenges will naturally make you feel more empowered

Play to your strengths

“If you’re organised and like to make lists, use that skill to make the daily demands of diabetes care more manageable,” suggests Hilliard. Or if humour is your secret superpower, look for light-hearted posts and cartoons on your favourite diabetes blog. Laughter is a sure way to make life look less daunting. If you’re spiritual, take time every day to write down what you’re thankful for. Gratitude can bolster happiness and self-esteem, and also reduce stress. Meanwhile, family-first types can prioritise dinners and activities with loved ones (social connections can protect you from depression), and people who love their jobs can volunteer for engaging new projects, which heightens your sense of competence and mastery.

“Using your existing skill set to tackle diabetes challenges will naturally make you feel more empowered – a mindset that makes you better equipped to handle challenges,” says Hilliard.

Watch what you say

Language is powerful – and can impact how you feel and behave, says Mary de Groot, president of health care and education for the American Diabetes Association. “We use the word ‘control’ a lot in diabetes care, which implies that you have total control over your blood [glucose], and that’s just not accurate,” she says. Worse, it’s judgmental. So it makes you feel bad about yourself, which makes it harder to be resilient.

“It’s healthier and more realistic to talk about blood glucose ‘management,’” says de Groot.

Other resilience-bolstering language: Instead of telling yourself that exercising and eating right are things you have to do, which feels like you’re following someone else’s rules, embrace them as things you choose to do. Rather than calling yourself a patient, which can convey a sense of helplessness, think of yourself as part of your health care team, partnering with your doctors to achieve better health. And try not to think of HbA1c results as a report card that you either pass or fail, but rather as an indication of how well your management plan is working for you. “It’s medical data, not a judgment about you as a human being,” says de Groot.

Take time to recharge your batteries

“Some people get energy from being social and spending time with friends,” says de Groot. Others like to take a walk in nature or meditate or volunteer at a homeless shelter or get extra sleep. Make a list of the things that put gas back in your tank and regularly put them on your calendar, along with your appointments and daily errands. “Everyone is more resilient when they take a moment for self-care,” says de Groot.

Be wary of fads

“There’s always some new diet or supplement that promises a miracle cure,” says Megan Muñoz, certified diabetes care and education specialist, and founder of the podcast *Type2andYou with Meg*. “If you keep chasing those, you’re setting yourself up for disappointment.”Instead, she suggests attending a diabetes self-management training class, which can fill you in on the latest, most scientifically valid approaches to diabetes care, as well as provide one-on-one training. “It’s the best way to lay a solid foundation for understanding diabetes and combating misconceptions,” says Muñoz.

Expect setbacks

It might seem counterintuitive, but when things are going well it’s easy to think your challenges are behind you – and then to feel ambushed when you run into a problem. “As time goes on, your body changes, so the exercise and nutrition routine

WORDS GINNY GRAVES; ILLUSTRATION ROBERT NEUBECKER

that has worked well might not be as effective and can make you feel like a failure," says Muñoz. "But if you see change as normal – and even expect it – you're less likely to be totally thrown by it."

Treat yourself kindly

"When you hit a rough patch, it's natural to feel down and disheartened," says Muñoz. "But instead of beating yourself up, talk to yourself like you would to a close friend." Normalise what you're feeling by telling yourself, "It's OK. Everyone has setbacks and disappointments." You can even close your eyes and give yourself a hug, a simple act that engages the calming, parasympathetic branch of your nervous system and helps you feel loved.

Acknowledge when you need help

Pay attention to your emotions, and when you start feeling overwhelmed (red flags can include feeling down, irritable, defensive, withdrawn, hopeless, or helpless, says Hilliard), use that as a cue to seek support. Friends and family are usually happy to pick up a prescription if you're feeling crunched for time, or to listen if you need to vent. And strangers can be surprisingly helpful too. "Social media is a great place to connect with other people with diabetes, and they're more likely to get what you're going through than someone without the condition," says Muñoz. (One option: join the Diabetes Support Australia and New Zealand group on Facebook.)

If you're still struggling, consider seeing a mental health professional, who can help you work through emotional challenges and identify the things that are standing in the way of achieving your goals. "If possible, it's best to find a behavioural health provider who understands diabetes, so you don't have to spend time explaining why it's so hard," says Hilliard. ■

BINGE EATING AND DIABETES

Binge eating disorder is the most common type of eating disorder worldwide and appears to be more prevalent in people with type 2. There is also evidence that people with binge eating disorder are more likely to develop type 2 diabetes. *DL* dietitian and diabetes educator, *Dr Kate Marsh*, explains.

What is binge eating?

Most of us overeat every now and then and occasionally feel uncomfortable because we have eaten more than we needed. But people with a binge eating disorder regularly consume large amounts of food, even when they are not hungry, eating quickly and usually to the point of feeling overly full. And unlike those with bulimia, people with binge eating disorders rarely use compensatory behaviours such as vomiting, using laxatives or over-exercising after binge eating.

The two main features of binge eating are:

- Eating very large amounts of food within a short period of time (2 hours),
- And feeling a sense of loss of control while eating. ➤

Binge eating and diabetes – is there a link?

Many, but not all, studies have found that people with type 2 are more likely to have binge eating disorder, compared to those without diabetes. The prevalence varies widely, from 1.4-26 per cent of people with type 2 affected, depending on the population studied and the study criteria.

Having a binge eating disorder has also been found to increase the risk of developing type 2 more than three-fold. And there is evidence that people who experience episodes of binge eating are diagnosed with type 2 at a younger age than those who don't binge eat.

How binge eating can impact diabetes management

When you have type 2 diabetes, it is generally recommended that you spread your food intake over the day and that you choose foods lower in saturated fat, added sugars and refined carbohydrate.

Binge eating, on the other hand, involves eating large amounts of food at one time and the foods chosen during episodes of bingeing are often high in fat, sugar and processed carbs. This can make it more difficult to manage blood glucose levels.

Interestingly, studies haven't generally found that the average glucose (HbA1c) levels are higher in those with binge eating disorder than those without. However, some studies have shown that those with binge eating disorder and type 2 who carry more weight are more likely to have higher glucose levels.

Binge eating disorder has also been shown to contribute to weight gain and is associated with higher risk of abnormal blood fats, high blood pressure and metabolic syndrome, which can make diabetes management more difficult and contribute to an increased risk of complications, particularly cardiovascular disease.

Other health effects of binge eating

Binge eating doesn't only impact diabetes and cardiovascular risk. People with binge eating disorder are more likely to develop sleep apnoea, gallbladder disease, muscle and/or joint pain and digestive problems. Women with a binge eating disorder are at higher risk of polycystic ovary syndrome (PCOS) and pregnancy complications. It's also associated with higher rates of depression and anxiety.

If you have a binge eating disorder it is therefore crucial that you seek help.

Treatment options

Common treatment options for binge eating disorder include psychological treatments, such

SIGNS THAT SOMEONE YOU CARE ABOUT MIGHT HAVE A PROBLEM WITH BINGE EATING

- Hiding food or food wrappers.
- Hoarding of food.
- Avoiding questions around eating and weight.
- Being more sensitive about comments relating to food, weight and/or body shape.
- Increased isolation and withdrawal from activities they enjoy.
- Being irritable or having signs of anxiety or depression.
- Self-harm, substance abuse or suicide attempts.

WORDS DR KATE MARSH

as cognitive behavioural therapy and interpersonal psychotherapy, behavioural weight loss and/or medications.

- Cognitive behavioural therapy (CBT) aims to interrupt binge eating behaviours, help you learn self-management strategies to establish a more normal eating schedule and support you in developing healthier attitudes towards your body.
- Interpersonal psychotherapy aims to identify and change interpersonal problems (such as relationships and social functioning) that are thought to be maintaining your binge eating disorder.
- Behavioural weight loss programs involve intensive dietary and lifestyle change, providing counselling on nutrition and physical activity, along with psychological components such as identifying obstacles, planning ahead, problem solving, and relapse prevention.
- Medications include certain types of antidepressants and the stimulant lisdexamfetamine (commonly used for treatment of ADHD). There is also some evidence that diabetes medications known as glucagon-like peptide-1 (GLP-1) receptor agonists might be helpful due to their effect on satiety.

If you have a binge eating disorder, your GP can discuss these options with you and help you to decide which treatment might be best suited to your needs.

Getting help

If you have diabetes and you suffer from a binge eating disorder, you should seek treatment as soon as possible. Eating disorders can be treated, and people do recover from them, but the sooner you start treatment the shorter the recovery period will be and the lower the chance of developing complications. Speak to your doctor or other members of your health care team who can assist you in finding the right health professionals to help you.

The Butterfly National Helpline also offers free and confidential support for anyone concerned about eating disorders or body image issues. Their specialist counsellors offer support over the phone, by email and by online chat, including information about eating disorders and body image, treatment options, referrals to health professionals with expertise in eating disorders and free online programs and support groups. Visit **butterfly.org.au/get-support/helpline** or call 1800 334 673.

DO YOU HAVE A PROBLEM WITH BINGE EATING?

Do you:

- Regularly eat large quantities of food to the point of feeling uncomfortable?
- Often eat when you are not hungry and continue to eat even when you are full?
- Feel out of control with your eating and often eat quickly?
- Use binge eating as a way of coping when you feel stressed, upset, angry or bored?
- Eat secretively and prefer to eat alone?
- Feel guilty, embarrassed, distressed or depressed about overeating?
- Spend a lot of time thinking about food, eating, and your body shape and weight?
- Feel very unhappy about your weight and appearance? ■

Exercising safely with type 1 diabetes

The benefits of exercise for health and wellbeing are well recognised. But when you have type 1 diabetes, exercise becomes another part of the delicate balancing act and can sometimes seem to make it harder to manage your diabetes. By understanding how exercise affects blood glucose levels and learning how you respond to different types of exercise, you can enjoy the benefits that regular exercise provides without upsetting the balance. *DL* dietitian and diabetes educator Dr Kate Marsh explains.

Why exercise?

There are many benefits to exercising regularly. Regular exercise:

- Improves insulin sensitivity, which means you need less insulin to manage blood glucose levels.
- Helps with weight management and reducing body fat levels.
- Lowers blood pressure and blood fats and improves the health of your blood vessels.
- Reduces the risk of heart disease and stroke.
- Improves bone strength – this is important, as several studies have found lower bone density and a higher risk of osteoporosis in people with type 1.
- Helps to manage stress and reduces anxiety and depression.
- Improves quality of life.

Despite this, many people with type 1 don't exercise regularly. A 2016 study of over 7000 US adults with type 1 found that only one-third were exercising for 150 minutes or more each week – the general recommendation for good health. Barriers to exercise are often similar to people without diabetes, such as lack of time or motivation or not having access to exercise facilities. However, diabetes can also present additional barriers including fear of hypoglycaemia, difficulties managing blood glucose levels and a lack of knowledge around the impact of exercise on diabetes management. ➤

What happens when we exercise?

When we exercise, the muscles need more glucose for energy, which they take from the blood. In someone without diabetes – as the muscles take up extra glucose – the body reduces its production of insulin and increases the production of other hormones which cause the liver to release glucose into the bloodstream to keep blood glucose levels relatively stable. This means that even with high intensity exercise, where the muscles' demand for glucose may increase up to 50-fold, the person without diabetes maintains a fairly constant blood glucose level.

When you have type 1, the situation is different. This is because insulin levels in people with type 1 don't respond to changes in blood glucose levels. As a result, the delicate balance between the muscles' use of glucose and the production of glucose by the liver is lost. This means that exercise may increase or decrease blood glucose levels, depending on several factors, including the intensity and duration of exercise, the timing of exercise in relation to insulin and meals and the type of exercise you are doing.

NEED MORE HELP?

Allan Bolton is an exercise physiologist who has type 1 and has developed an online learning program for people with type 1 who want to understand more about how they can exercise with confidence. Visit his website, for more: *ext1d.com.au*

FACTORS AFFECTING BLOOD GLUCOSE RESPONSE TO EXERCISE IN PEOPLE WITH TYPE 1

- The timing, dosage and type of insulin you take.
- Your blood glucose level prior to exercise.
- Your insulin levels during exercise.
- The intensity, duration and type of exercise you do.
- The timing, amount and type of meal or snack you last ate.
- The presence and severity of any diabetes-related complications.
- The temperature, humidity and altitude during exercise.
- The stress of competition.
- Your fitness level.

Why does exercise cause hypos?

Unlike someone without diabetes, when you have type 1 your insulin levels don't fall with exercise. Once you've given insulin, you can't take it out again! High levels of insulin in the bloodstream stop your liver from producing glucose. So, with your muscles taking up extra glucose, and your liver not being able to 'top up' the blood, your blood glucose levels can fall rapidly and may result in a hypo. Exercise also makes you more sensitive to insulin, which means your insulin works more effectively. This can last up to 24 hours after an exercise session, particularly with higher intensity and/or longer duration exercise. Hypos are one of the biggest barriers to exercise in people with type 1, but fortunately there are things you can do to reduce your risk.

To reduce the risk of exercise-related hypos:

- Monitor your BGLs before, during (for longer sessions) and after exercise and remember that the risk of hypos can be higher for many hours after you finish exercising.
- If possible, avoid exercise late at night as this increases the risk of overnight hypos.
- Increase carbohydrate intake prior to, during, and/or following exercise. The amount you need will depend on the duration and intensity of your exercise session and your BGLs before you start.
- If you don't want to eat more to exercise, particularly if one of your goals with exercise is to lose weight, you can instead reduce your insulin dose.
- If you are on multiple daily injections and plan to exercise soon after a meal, you could reduce your rapid-acting insulin at that meal. Or if you plan to have an active day, you might reduce your morning long-acting insulin in anticipation. If you exercise later in the day, reducing your evening long-acting can help to reduce the risk of overnight hypos.
- If you are on a pump, you can either turn off the pump or set a temporary reduced basal rate while you are exercising and possibly for some time before and after.
- Avoid exercise at the time of peak insulin action (e.g. during the first few hours after taking rapid-acting insulin), or adjust your doses as above.
- For some types of insulin, avoid injecting near muscles you plan to exercise soon after injecting – e.g. don't inject into your thigh before going for a run.
- Consider the type and order of your exercise. ➤

The best time to exercise to prevent highs or lows is when insulin levels are low, but adequate, and blood glucose levels are rising. You can still exercise at other times, but it is likely you will need to make adjustments to insulin doses and/or food intake.

How can exercise cause high blood glucose levels?

It seems strange when we know that the muscles are using glucose for exercise, but in type 1 exercising in certain situations can also cause blood glucose levels to rise. The reason for this is that insulin is needed to get glucose into the muscles. If there isn't enough insulin around, glucose will stay in the bloodstream rather than get into the muscle, and the low insulin levels and muscle's lack of glucose will stimulate the liver to product more glucose. This will 'top up' the bloodstream, but the muscles still cannot use this glucose as insulin levels are low. If exercise continues when there is little insulin around, blood glucose levels will continue to rise. This is the reason it is generally recommended that people with type 1 don't exercise if blood glucose levels are high (above about 15mmol/L), particularly when ketones are present, as this signals a lack of insulin.

To avoid exercise-related highs:

- Try not to exercise when insulin levels are too low. This is less likely to be an issue on a pump if basal rates are set correctly, but for those on injections, early morning before breakfast may be a time where insulin levels are lower and blood glucose levels may increase with exercise. If this is a problem and you want to exercise at this time, some people find taking a small dose of insulin with a small snack before exercising does the trick.
- Avoid exercise when your blood glucose levels are greater than 15mmol/L and you have ketones in your blood or urine as this is a sign that you don't have enough insulin around. In this case it is important to give some extra insulin to lower BGLs and eliminate ketones before starting to exercise.

The impact of exercise intensity and order

You would think that if you exercise at a higher intensity, your blood glucose levels would drop to a greater extent. But when you have type 1, this isn't always the case. In fact, Australian researchers have found that intermittent high intensity exercise, compared to just exercising continuously at a moderate pace, resulted in a smaller drop in blood glucose levels in a group of healthy individuals with type 1. They also found that doing a maximal sprint for just 10 seconds at the end of a moderate intensity exercise session can reduce the risk of hypos for up to 2 hours after exercise. This seems to be due to the release of certain hormones with high intensity exercise, which cause the liver to release glucose and prevent the muscles from taking up as much glucose.

Another research group from Canada has discovered that the type of exercise (resistance versus aerobic) and the order may also make a difference. They found that resistance training (such as lifting weights) doesn't lower blood glucose levels as much during the exercise session, compared to aerobic exercise, like walking, running or swimming. Resistance training also results in more stable and prolonged reductions in blood glucose levels after exercise. When they combined aerobic and resistance training in the one session, they found that doing resistance training before aerobic exercise resulted in more stable blood glucose levels throughout the exercise session and reduced the risk of post-exercise hypos.

While these studies are only small and involve healthy, active individuals with type 1 diabetes, their findings might be useful to consider when trying to work out the effects of different types of exercise on your blood glucose levels.

WORDS DR KATE MARSH; PHOTOGRAPHY GETTY IMAGES

SAFETY CONSIDERATIONS FOR EXERCISE WITH TYPE 1

When you have type 1, there are a few other things worth thinking about when you exercise:

- Ensure you have good footwear – shoes should fit well and be supportive, and the right socks can help to prevent rubbing and blisters.
- Know that hypos can be more difficult to detect when you are exercising as the symptoms of hypos may be similar to those experienced during exercise, such as sweating and feeling tired.
- Always carry food to treat a hypo.
- Consider medical identification, particularly if you exercise alone.
- Keep well hydrated by consuming plenty of fluids before, during and after exercise, particularly in the heat.
- If you have any diabetes-related complications (such as problems with your feet, eyes, nerves or heart), consider seeing an Exercise Physiologist who can help you develop an exercise program to suit your needs and let you know if there are certain exercises you should avoid. ■

‘I wish I’d spoken to my doctor sooner’

Being told he had type 2 turned out to be good news for 48-year-old Norm Midcalf. He shares why, and what he’d do differently if he had his time over

“Looking back, I’d been feeling sick for a couple of years before I discovered I had diabetes at the beginning of the year. My normal state was feeling tired and lethargic and like I was never 100 per cent. As time went on, I also started to feel foggy in the head, was urinating a lot and was always thirsty. At the time those symptoms didn’t mean much to me and I lived with them rather than going to see a doctor, because I was worried about what I might find out, if I did.

“Then, at the end of last year my brother-in-law was diagnosed with mesothelioma [a malignant tumour caused by inhaling asbestos fibres] and very sadly, died soon after. It gave me a bit of a wakeup call and I decided to bite the bullet and make an appointment with a GP.

“I was sent off to get some blood tests and when I went back to get my results, I was told I had haemochromatosis, which is an inherited iron overload disorder. The doctor assured me it wasn’t serious – I may just need to give blood regularly – and that everything else looked fine, before saying ‘Oh, but you do know you’ve got diabetes?’.

“I told him that was news to me, so he asked me how I was feeling and when I said ‘well, pretty ordinary to be honest’, he wasn’t surprised. My blood glucose levels were so high, he said I probably should have been in hospital.”

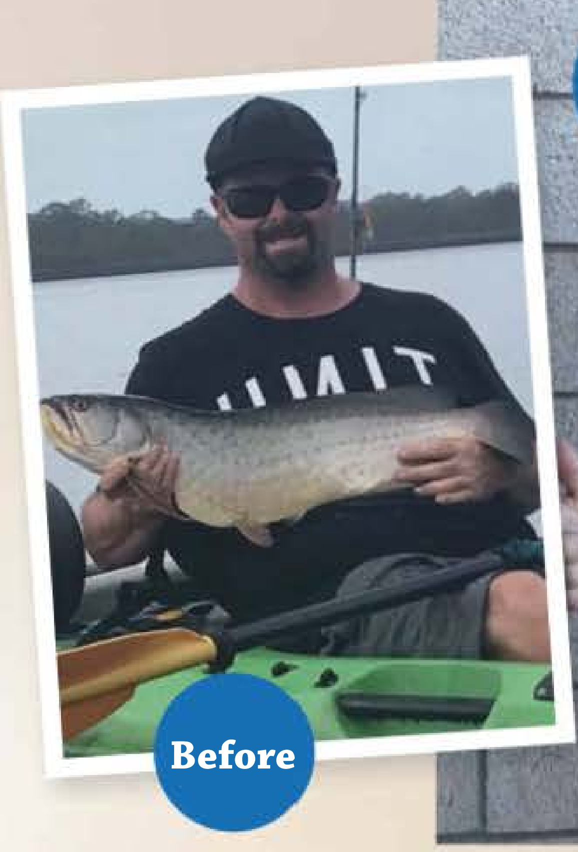
An immediate response

“I was prescribed metformin and I went home and changed my diet that night. I stopped putting a teaspoon of sugar in every cup of coffee, and quit eating the chicken schnitty and pizzas that were regular dinners for me. I also realised that whenever I felt like I was running low on sugar, I’d reach for chocolate and a large iced coffee. I stopped that, too.

“Now, I eat so much healthier and have lost 16kg since the beginning of the year. I do all the cooking at home, so my family is eating better, too. I haven’t found it that difficult to do. I’ve felt so much better over the last few months, so I’ve had an incentive to keep going.

“On the advice of my GP, I also had my eyes tested soon after I was diagnosed and was told I had some bleeding in my retinas. It’s minor but after learning that, I quit smoking straight away.

After


Before

It's not worth the risk.

"In May, I picked up a stomach bug at work so I stopped taking my metformin because that has always given me a bit of a crook stomach. Even without it my blood glucose was still between 5 and 6 whenever I tested it, so my GP agreed I can stay off it and see how I go over the next few months. My blood pressure and my resting heart rate have also improved significantly."

Seeing the silver lining

"To be honest, all I could feel when I discovered I had diabetes was relieved. I'd been feeling so sick, I think I'd convinced myself I had something life threatening, like cancer. I was honestly freaking out.

"On top of the fact that diabetes was a less serious diagnosis, my GP was fantastic and his calm reaction reassured me that if I made some lifestyle changes, I'd be able to get things under control.

"If I could go back in time, I guess I wish I'd known that both haemochromatosis and diabetes runs in my family. Then, I might have taken steps to get a few tests run earlier on. But my mum wasn't in contact with her extended family for a long time, so we never really spoke about that kind of thing.

"I wish I'd spoken to my doctor sooner, too. But I was worried – worried about what was wrong with me and, if it was something really serious, who would pay the mortgage and keep a roof over my family's head if I couldn't work. So I put it off.

"Even when I had to go to the doctor to get a script for something, I didn't tell him how bad I was feeling. I encourage men to do the exact opposite. Avoid burying your head in the sand and get things checked. It was the best thing I ever did.

"There was a time when I didn't think I'd make it to my 60th birthday, that's how bad and how sick I felt. Now I feel so much better and am looking forward to being able to celebrate my 80th." ■

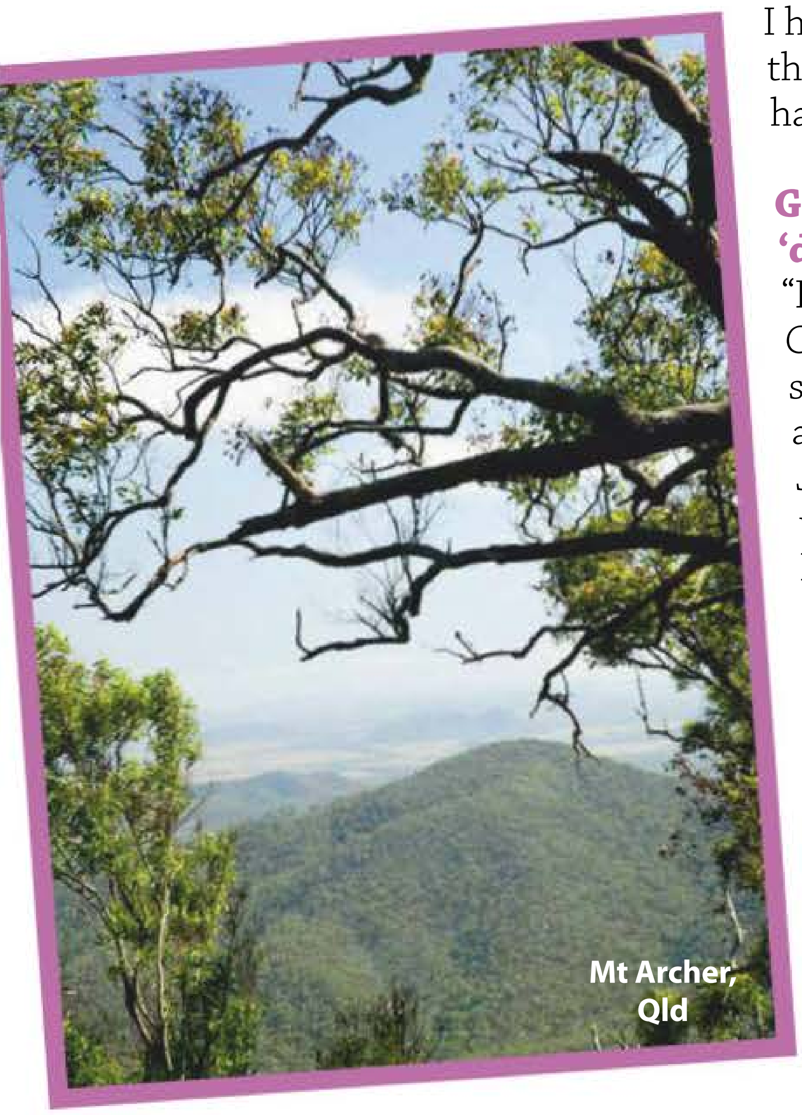
WORDS KAREN FITTALL; PHOTOGRAPHY SUPPLIED BY NORM MIDCALF; ADDITIONAL PHOTOGRAPHY GETTY IMAGES

INSPIRING STORIES

'Being told I had diabetes was the best thing that could have happened'

When 48-year-old Ros McClintock discovered she had type 2 diabetes one year ago, it was exactly the catalyst she needed to turn her life around. What she's achieved in just 12 months is inspirational!

"Learning I had diabetes didn't come as too much of a shock to be honest. On top of the fact that I was excessively thirsty and found myself needing the toilet all the time, you can't eat like I had been and think that something wasn't going to happen.



Mt Archer, Qld

"Two years ago I gave up smoking and I started eating chocolate and chips as a replacement. My weight climbed steadily until I reached 130kg, a milestone that coincided with the yearly blood test my GP recommended.

"So when the results showed I had type 2, I wasn't really all that surprised. Plus, my dad has type 2, too."

Going into 'diabetes mode'

"I was diagnosed just before Christmas and New Year's so with a house full of people and food, it wasn't until early January that I went into what I call 'diabetes mode'. I knew I had to get stuck in and make some changes – that was never in question.

"I know a woman who lost her foot to diabetes because she refused to let it change how she was going to live her life and she didn't look after herself. The thought of the same thing happening to me if I didn't do something was terrifying. It's the same reason I gave up smoking. I didn't want my kids to have to look after me, as I'm now doing for my mum who has emphysema [a lung condition causing shortness of breath].

"Essentially, my diet has done a complete 180. In January, I gave up junk and take away food and started preparing all my meals myself, things like curries and soups packed with vegetables and I make my own pizza using low-carb wraps as a base. I had to relearn everything I thought I knew about food and cooking – and the Diabetes Support Australia and New Zealand group on Facebook was so helpful for that.

"Now, I weigh everything I put on my plate so I know exactly how many kilojoules I'm eating. And I track it all using the Easy Diet Diary app on my phone. I have to do that to stay on track.

"Exercise has also been key for me. At the beginning of the year I started by walking laps of my backyard as I wasn't game enough to venture further afield in case I couldn't make it home!

Ros with granddaughter Amalia and son Sonny

Once I could walk 2km in the garden I progressed out onto the streets.

"Then in August, I walked up Mount Archer here in Rockhampton, where I live. It's an 11k walk to the lookout, which is 600m above sea level, and that's something I'd never have dreamed of being able to do a year ago. I can see the mountain from my house and whenever I look at it I still can't believe I've walked up it.

"I won't lie, what I've done to help turn my health around isn't rocket science but it hasn't always been easy either. I've stayed motivated by having a goal to work towards. I wanted to lose 50kg and I've done it. I'm really proud of that."

A new way of life

"Soon after I was diagnosed with type 2 my doctor increased my dose of Diaformin from 500mg to 1000mg because the smaller dose wasn't doing much to lower my blood glucose levels.

"Due to my weight loss, a couple of months ago my doctor said he wanted to get me off medication altogether so we dropped my dose back to 500mg. My blood glucose levels have remained in the ideal range at that dose, so the next step is seeing what happens when I stop taking it altogether.

"There's no way I'm going back to my old way of life. Apart from anything else, I can't afford to replace all my clothing again! I've gone from a size 24 to a 12-14 and I've given all my old clothes away, except for one size-24 skirt. When I put it on now it's a good reminder of how far I've come and my grandkids love hopping inside it with me so they can pretend to be baby kangaroos.

"How I spend time with my grandkids has changed completely, actually. When we go to the park I can fit on the swings and climb on things with them now without being afraid of breaking something. And I have the energy to chase them around and play games like soccer.

"I also love the fact that my 20-year-old son Sonny's health has improved, too. He's lost 20kg so far, just by coming walking with me.

"Being told I had diabetes was the best thing that could have happened. Even though I knew I was overweight and unhealthy, without an actual diagnosis I know I wouldn't have acted, no matter how much more weight I gained. Hearing 'you've got type 2' made it seem real... and scary.

"A year on, I know that I control my diabetes now rather than the other way around. That feels great." ■

WORDS KAREN FITTALL; PHOTORGAPHY SUPPLIED BY ROS MCCLINTOCK;
ADDITIONAL PHOTOGRAPHY GETTY IMAGES

Smartwatches & Fitness Trackers

Christmas is right around the corner, so there's no better time to invest in your health and fitness than with a shiny new fitness tracker. We've rounded up our favourites:

APPLE WATCH SERIES 5

Apple (apple.com) is inspiring a healthy lifestyle with their Watch Series 5 (from $649). This advanced smartwatch isn't just designed to bring text messages and phone calls to your wrist, rather they've combined an array of features to help you look after your health. As well as alerting you when you've been sedentary too long, Series 5 notifies you if heart rate appears to be too high or too low and the built in Emergency SOS allows you to quickly call for help and alert emergency contacts. Plus, your Dexcom G6 mobile app is compatible!

FITBIT CHARGE 4 & SENSE

Everything you know and love about Fitbit (fitbit.com/au) is featured in their latest trackers, Charge 4 ($249.95) and Sense ($499.95). If you're after something slim-built to help you monitor your activity, sleep, pace and distance, and measure your Active Zone Minutes (the time spent in each heart rate zone during activities), then the slim Charge 4 is your go-to. However, if you're after something with a larger screen and is more advanced – featuring stress management, Amazon Alexa, on-screen workouts – then the Sense is for you.

GARMIN VIVOSMART 4 & VIVOACTIVE 4S

If you're looking for a slim, swim-friendly wearable by Garmin (buy.garmin.com/au), then the Vivosmart 4 ($219) is your choice. Designed to help you hit your goals, this tracker has all the specs you expect, plus more! The Body Battery helps you to see when your body's energy levels peak and the stress tracker helps you understand your levels; while the Pulse OX sensor gauges how much oxygen your body is absorbing. If you want to take it to the next level, the Vivoactive 4S ($579) provides a larger screen, a built-in GPS, easy-to-follow animated on-screen workouts and more.

WITHINGS STEEL HR

Simple yet elegant, the Withings (withings.com/au) Steel HR ($299.95) is the hybrid smartwatch everyone needs. Designed with an iconic analog face, this watch features a small digital display allowing you to track your heart rate, steps, calories burned, and preview smartphone notifications. In addition, this smartwatch monitors your health over 30 activities – including running, walking, swimming and cycling – is water resistant up to 50m, features a sub-dial that shows you how close you are to reaching 100% of your daily step goal and has up to 25 days of battery life.

XIAOMI MI SMART BAND 5

Looking for a more affordable, slim option? Xiaomi's (mi-store.com.au) latest tech is the Xiaomi Mi Smart Band 5 ($99.95). Boasting a greater focus on sports mode than earlier models, you can now switch to 11 sports – rowing machine, yoga, outdoor running, elliptical machine, pool swimming, indoor and outdoor cycling, rope skipping, treadmill, walking and free training – to get better stats on your performance. The Band 5 also features a 14-day long battery life, 24 hour heart rate and sleep monitoring, female health tracking, smart home control and more.

SAMSUNG GALAXY WATCH3

The latest luxury timepiece for Android users is the Galaxy Watch3 (from $649). Featuring a larger screen than previous models, Samsung (samsung.com.au) allows you to personalise your watch face to suit your preferences. Offering new experiences in health and wellness monitoring, the Galaxy Watch3 includes a SpO2 feature measures and tracks oxygen saturation, real-time running analysis and feedback, and detects falls and instantly notifies chosen contacts. This watch will also automatically track your progress when following one of the 120 video workouts now available on the new Samsung Health Monitor app. ■

WORDS ELLIE GRIFFITHS; PHOTOGRAPHY SUPPLIED BY APPLE, FITBIT, GARMIN, WITHINGS, XIAOMI MI, SAMSUNG. ALL PRICES ARE A GUIDE ONLY – CORRECT AT TIME OF PRINTING

SUN SAVVY

Follow these expert tips to protect yourself from the sun and heat so you can enjoy your summer

WEAR A HAT

Even with diligent use, sunscreen doesn't provide 100 per cent protection from the sun's rays, says dermatologist Jeanie Leddon. Donning a hat can protect your face, neck, and noggin. There are an array of hats that can be purchased through the Cancer Council Shop (from $20.96, cancercouncilshop.org.au) ranging from broad-brim, bucket and legionnaire style hats that have been tested for maximum UPF50+ rating.

CHOOSE A BETTER SUNSCREEN

Opt for mineral-based sunscreens that contain zinc oxide and titanium dioxide, which form a physical barrier on your skin to block the sun's rays, says Leddon. One widely available option: Blue Lizard Australian Sunscreen (from $15.49, bluelizardsunscreen.com).

COVER UP WITH UPF

Let your clothes provide sun protection by choosing items with a UPF rating, which indicates fabric that has been treated to block UV rays, suggests Leddon. We like the Solbari (solbari.com) range which offers stylish, protective clothing for any occasion.

STAY HYDRATED

Proper hydration can help with blood glucose management, says Marshall O'Brien, a chef and nutritional wellness consultant in Minneapolis. While any water bottle will do, we like the Frank Green Ceramic Reusable Bottle (from $49.95, frankgreen.com.au), which is incredibly durable and keeps your drinks hot or cold!

INSULATE YOUR INSULIN

If you're out for the day, shield insulin from the sunlight and consider storing it in a cooler bag (away from ice packs). Asha Brown, executive director of the non-profit We Are Diabetes, relies on the Kerri tote ($150) from Myabetic to carry her diabetes supplies. "It's big enough for two bottles of water, and it has an insulated pouch so my insulin pens don't overheat," she says. If you're not sure what type of bag or case you need, One&2 (oneand2.com.au) are a one-stop shop.

HELP DEVICES STICK

Adhesive patches can help keep CGMs and insulin pumps in place during summer activities, says Lauren Solomon, a development coordinator with the nonprofit JDRF. There are a variety of colors and designs available on the market, which makes them perfect for any age. We like patches from expressionmed.com, rockadex.com.au and theskingrip.com. ■

WORDS JULIE KENDRICK, ELLIE GRIFFITHS; PHOTOGRAPHY GETTY IMAGES.
ALL PRICES ARE A GUIDE ONLY – CORRECT AT TIME OF PRINTING

YOUR puzzles

Grab a cuppa and a comfy chair – it's time to put your brainpower to the test

CODE CRACKER

Each number in the grid represents a different letter of the alphabet and it's your task to decode them all. We have given you three letters to start you on your way, so you can see that S=2, C=20, and T=21. You can record each letter as you work it out in the letter checker at the bottom of the grid.

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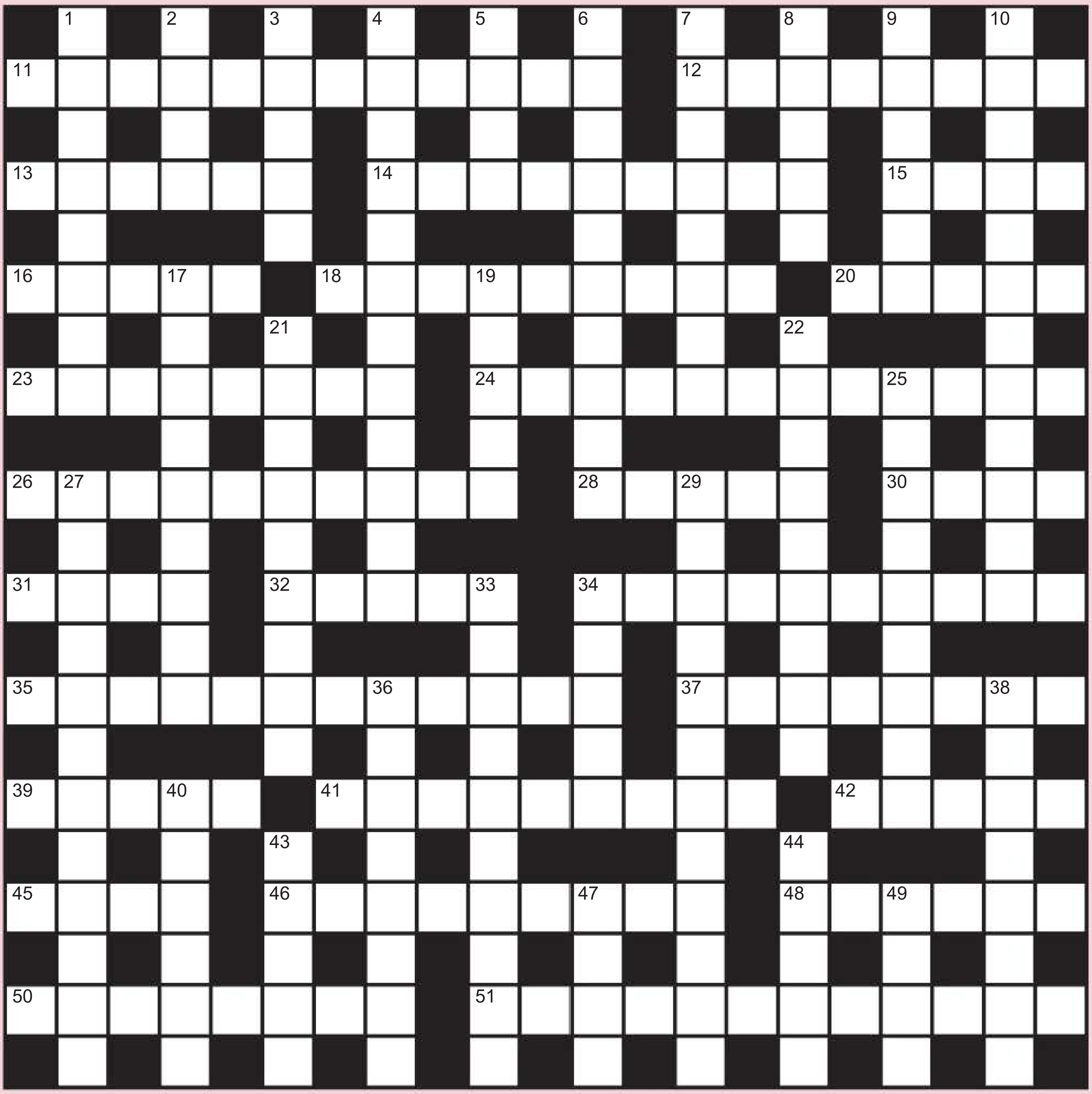
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CHUNKY CROSSWORD

Sharpen your pencil and show what you know.

ACROSS

11 Astronaut's vessel (5,7)
12 First animal in the dictionary (8)
13 Dwarfed tree (6)
14 Superfluous (9)
15 In -- of, instead (4)
16 Scales star sign (5)
18 Disequilibrium (9)
20 Bread-raising agent (5)
23 Capital of Finland (8)
24 Gave up possession (12)
26 Resentfully (10)
28 Cereal grain (5)
30 Marine branch of the armed forces (4)
31 Distance across (4)
32 At right angles to the keel of a ship (5)
34 Disease affecting joints (10)
35 Compass and map sport (12)
37 Charm, amulet (8)
39 Pastoral (5)
41 Action sci-fi film series starring Keanu Reeves (3,6)
42 Love and admire (5)
45 Ivan the Terrible, eg (4)
46 Memoir (9)
48 Herb loved by felines (6)
50 Bits of paper thrown at weddings (8)
51 Forgetful (6-6)

SUDOKU

Place the numbers 1-9 in each horizontal and vertical line, noting each number can only appear once in each of the nine 3 x 3 squares.

2				4	5			3
						5		7
				8			9	
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	3		7			9		8
				1				
8				5		4	6	
	9							
			4		6		2	

DOWN

1 The converse (8)
2 Maritime crime drama series (1,1,1,1)
3 Moving about (5)
4 New South Wales river (12)
5 Breeding horse (4)
6 American actress known as the original 'Blonde Bombshell' (4,6)
7 Kingston native (8)
8 Foam (5)
9 Slender, lithe (6)
10 Old English song (12)
17 Dwelling place (9)
19 Large collection (5)
21 Italian appetiser (9)
22 Central American country (9)
25 Sterilised (9)
27 After-effect (12)
29 Shocking (12)
33 Robin Hood's love (4,6)
34 Thesaurus writer (5)
36 Addis Ababa's country (8)
38 Companies running passenger planes (8)
40 Afloat (6)
43 Adjoins, touches (5)
44 Rogue, rascal (5)
47 Elegant and expensive (4)
49 -- Barber, game show host (4)

All solutions on page 126.

Feel better in 5

Big changes start with simple steps. Try these ideas to help improve your wellbeing

1 DON'T DRY OUT

Winter is finally behind us, but that doesn't mean dry skin is out the window. During summer we tend to rely on appliances to keep the room cool – don't deny it, we know you can't resist walking into an air-conditioned room on a hot, humid day – however, this can cause your skin to dry out due to the lack of moisture in the air. And, as we tend to spend more time outdoors, the sun also dries out the skin. Although it's very important to wear sunscreen when exposed to the sun, you should also ensure you're keeping skin hydrated with moisturiser when you're indoors.

As your skin is the body's largest organ, it's important to cover all bases – including your feet. Plunkett's N8 Heel Balm ($11.45/60g) is the ideal non-greasy, intensive cream formula to save you on even the hottest, and driest, of days.

Heel Balm
60g

2

RANDOM ACT OF KINDNESS

'Tis the season of giving is fast approaching, there's no better time to start sharing a bit of joy with those around you. A study conducted at the University of British Columbia had a group of highly anxious individuals perform a minimum of six acts of kindness each week, and after just one month researchers saw a significant increase in the individuals' moods, relationship satisfaction and social ability. Another study also found people who perform acts of kindness have 23 per cent less cortisol (stress hormone) within their body, as these acts produce endorphins – the body's very own happy pill.

Other studies also show random acts of kindness are known to make you feel more energised, less depressed, calmer, and increase your feelings of self-worth. These acts can be as small as sharing excess homemade bikkies with neighbours, buying a coffee for a stranger or sending flowers to a loved one simply to brighten up their day. For more ideas, visit randomactsofkindness.org.

3

EMBRACE YOUR INNER ANIMAL

The human body is remarkable. It has the ability to move in a multitude of diverse ways, however, todays modern lifestyle has brought us to a halt; we rarely do movement outside of sitting, standing and walking. That's why many people are exploring the natural and animal-like movements our bodies are capable of through animal flow (also known as Budokon or primitive yoga). This movement helps to increase your flexibility and rebalance the strength between your upper and lower body; which in turn encourages the mind, nervous system and muscles to work in unison, creating a healthier body. Integrating yoga with martial arts and calisthenics, this form of flow creates a physical and mental challenge for those practicing. To get started, Google search animal flow yoga classes near me. ➤

4

STAY COOL

After spending a few wintery months wrapped up as a warm-and-cosy burrito, are you struggling to get to sleep on the warmer nights? You're not alone. Research conducted by the University of South Australia suggests sleeping in a cold room will not only result in a better nights' sleep, but will also help to cure insomnia. Further studies show the cooler temperature encourages your body to naturally increase the body's melatonin levels – hello blissful nights.

If you're unable to bring the room down to the optimal temperature of 18.3°C through the use of an air conditioner or by opening a window, there are other things you can do to reduce the heat: wear loose cotton PJs and use cotton linens; open a window and lightly mist your curtains with water from a spray bottle to produce a cool draft; turn on a fan; use blackout blinds and keep them closed when the sun is shining directly on the room; and if all else fails, put some rice in a sock, tie it up, freeze during the day and put in your bed at night for a reusable, no-drip ice pack.

5

DEAR DIABETES...

Are you ever hurt or simply angry at your diabetes? Pain, anger and trauma have a funny way of taking over our health and lives, especially when ignored for so long. There are many tried and tested ways people approach these feelings, but a preferred method by many is to write a letter. Not an email... Go old school and put a pen to paper.

Simply start with "Dear diabetes" (or give your diabetes a name, and go with that). Then start writing. Unapologetically – don't make excuses, don't scribble anything out, just let it all out. Write down the specifics of their behaviour, your relationship with them, and what's causing these heightened emotions. Once you've finished, sign it off. Then read the letter out loud a few times, with all the emotion you can possibly bring to the surface; say you forgive them, then rip up the letter or (safely!) burn it. This is just the beginning of your journey to being at peace with your diabetes. ■

Turn upside down for puzzle solutions

puzzles solutions

Code cracker

E	M	E	T	I	C	■	J	E	E	R	I	N	G	■	E	X	C	E	P	T
■	O	■	H	■	O	■	O	■	X	■	M	■	O	■	Y	■	L	■	U	■
E	C	H	O	■	M	A	N	I	C	■	B	I	B	L	E	■	O	U	S	T
■	H	■	S	■	P	■	Q	■	L	■	U	■	L	■	B	■	M	■	S	■
G	A	Z	E	B	O	■	U	K	U	L	E	L	E	■	R	E	P	A	Y	S
■	■	I	■	■	S	K	I	■	D	■	■	■	T	W	O	■	■	■	F	■
A	T	T	I	R	E	■	L	O	I	T	E	R	S	■	W	I	S	D	O	M
■	H	■	O	■	■	■	■	■	N	■	M	■	■	■	■	■	O	■	O	■
W	R	E	N	C	H	■	B	U	G	A	B	O	O	■	Z	E	N	I	T	H
■	O	■	■	■	O	W	E	■	■	■	L	■	R	O	O	■	■	M	■	■
A	W	O	K	E	N	■	S	U	N	L	A	M	P	■	M	Y	O	P	I	A
■	B	■	N	■	E	■	T	■	A	■	Z	■	H	■	B	■	F	■	V	■
M	A	K	O	■	S	T	O	I	C	■	O	K	A	P	I	■	F	L	O	P
■	C	■	W	■	T	■	W	■	H	■	N	■	N	■	E	■	E	■	R	■
S	K	I	N	N	Y	■	S	P	O	U	S	E	S	■	S	P	R	A	Y	S

1 Y	2 S	3 E	4 A	5 H	6 Z	7 L	8 F	9 X	10 U	11 B	12 N	13 R
14 K	15 O	16 Q	17 G	18 V	19 J	20 C	21 T	22 P	23 W	24 D	25 M	26 I

Sudoku

2	7	6	9	4	5	1	8	3
9	8	1	6	3	2	5	4	7
4	5	3	1	8	7	2	9	6
1	4	8	5	9	3	6	7	2
5	3	2	7	6	4	9	1	8
7	6	9	2	1	8	3	5	4
8	2	7	3	5	9	4	6	1
6	9	4	8	2	1	7	3	5
3	1	5	4	7	6	8	2	9

Crossword

Across: 11 Space shuttle, 12 Aardvark, 13 Bonsai, 14 Redundant, 15 Lieu, 16 Libra, 18 Imbalance, 20 Yeast, 23 Helsinki, 24 Relinquished, 26 Grudgingly, 28 Wheat, 30 Navy, 31 Span, 32 Abeam, 34 Rheumatism, 35 Orienteering, 37 Talisman, 39 Rural, 41 The Matrix, 42 Adore, 45 Tsar, 46 Biography, 48 Catnip, 50 Confetti, 51 Absent-minded.

Down: 1 Opposite, 2 NCIS, 3 Astir, 4 Murrumbidgee, 5 Stud, 6 Jean Harlow, 7 Jamaican, 8 Froth, 9 Svelte, 10 Greensleeves, 17 Residence, 19 Array, 21 Antipasto, 22 Guatemala, 25 Sanitised, 27 Repercussion, 29 Electrifying, 33 Maid Marian, 34 Roget, 36 Ethiopia, 38 Airlines, 40 Adrift, 43 Abuts, 44 Scamp, 47 Posh, 49 Tony.

WORDS ELLIE GRIFFITHS; ADDITIONAL PHOTOGRAPHY GETTY IMAGES.
ALL PRICES ARE A GUIDE ONLY – CORRECT AT TIME OF PRINTING

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KEY 🔵 Freezable 🟡 Gluten free 🟠 Gluten-free option 🟢 Vegetarian 🟣 Lower carb

---

COOKING All our recipes are designed for a fan-forced oven. If you have a conventional oven, you'll need to increase the temperature by 10-20°C, depending on your oven. All recipes are tested in a 1000W microwave oven.

FREEZING Pack individual serves into airtight containers. Label with the recipe name and date. Main meals will generally freeze for three to six months, with three being optimal. To reheat, put the dish in the fridge overnight to defrost (never leave it on the bench overnight) or defrost on low/30% in the microwave. Reheat on the stove, in the oven, or microwave it on medium/50%, depending on the dish.

GLUTEN FREE When a recipe ingredient is tagged 'gluten free' it may either be branded gluten free or gluten free by ingredient – please check the label to ensure the product is suitable for you. **Note:** Some spices carry a 'may contain' statement. It is important to check the label of packaged products to ensure they are gluten free.

LOWER CARB When a recipe is tagged 'lower carb' it means it is less than 2 carb exchanges for a main or light meal and less than 1 carb exchange for a snack or dessert. This may be beneficial for people who are trying to control their type 2 with diet and/or medication. If you are on insulin and planning to follow a lower-carb diet, speak to your care team first.

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TO THE FUTURE!

In a world where social distancing has become the phrase of the year, Rob Palmer knows there have been plenty of reasons that you may have taken your eye off the once primary challenge of managing diabetes.

Now bear with me as I go back in time and remember how pushing forward with hope and positivity made a difference to me regardless of the trouble I felt I was in…

As a kid I used to play golf on the school oval, we would make up holes that involved us hitting a ball from a designated tee spot, around a tree or two, maybe past the long jump pit, back to the cricket pitch before we'd finish by hitting the hole, usually a footy post or tree. This particular hole, we needed to go around a pergola post near the school building. I went for a one shot miracle. The ball sailed left from 100m out, nowhere near the pergola post and smashed straight through the school art room window…. We RAN! Back to my place just behind the oval, through the back gate, clubs away and sat at the back table. Dad overheard the banter between my mates and I condemning a woeful shot and the damage it caused. Oh no.

He took me aside and had me tell him the story. "I want you to go to school Monday and tell them what happened," he said. Well… I was in panic mode. Detention wouldn't cover it. Would I get the strap? A suspension for destroying school property? Would they kick me out altogether? At 13 years old I had run it through my head and all were possibilities.

Dad saw my desperation and heard my concerns.

He gave me a line of advice that I've carried since that day. "You can't change what has already happened Rob. But you can work on making tomorrow better."

At the time I couldn't see how owning up was supposed to help tomorrow; and I knew tomorrow – at school – was going to suck big time, but I went with the challenge.

Ready for the worst I fronted the school principal on Monday morning and spilled the beans. To my astonishment he thanked me for my honesty, pulled the glass embedded golf ball from his top drawer and gave it to me. "There won't be any punishment, you look as if you have suffered enough. Though golf practice will now have to be conducted on the back oval away from the school. On your way Mr Palmer."

> “
> **You can't change what has already happened.**

Well BLOW ME OVER!!!

The future looked bright and I'd discovered a new-found respect for my school principal and honesty.

Coming into this Christmas of 2020, we may have let an immense year pull a few shots of diabetes management left or right, but as my dad would say, "That was yesterday" so why not take a moment now to refocus, rethink and possibly adjust our behaviour to say… "sorry about yesterday's mistakes Principal Diabetes, I'm working on tomorrow as we speak." ■

PHOTOGRAPHY DAVID THOMSON (ROB'S PHOTO), GETTY IMAGES

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